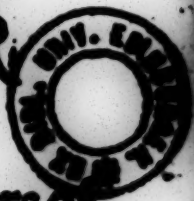


THE
POSIE OF
GODLY PRAY-
ERS, FIT FOR
euery Christian to vse,



Contayning onely Prayers of
Repentance, remission of Sinnes, and
Thanksgiving, with an excellent ex-
hortation to forsake the World: and
a perswasion not to feare Death,

Made and collected by *Nicho-*
las Themyllthorpe Esquire,
one of the Queenes Mai-
sties Gentlemen Sewers.

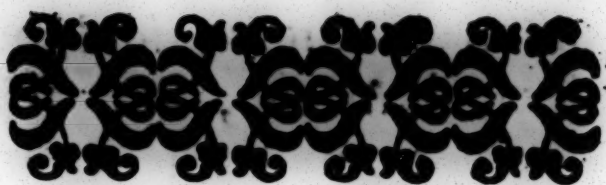
Now newly amended and enlarged by
the same Author, and the thirteenth
time imprinted.

Vigilate & Orate.

Printed at *LONDON* by *Iohn*
Dawson, and are to be sold by *Iohn*
Parker, dwelling in *Paules*
Church-yard at the signe of
the three Pigeons,

1 6 2 3.

UNIVERSITY
LIBRARY
EDINBURGH



TO THE
MOST HIGH
AND MIGHTY

*Princesse ANNE,
Queene of Eng-
land, Scotland,
France, and
Ireland.*



Knowing that
zealous pray-
er and sup-
plication to
God, is the
soules effec-
tuall conference with God,
most prevalent for the re-

THE EPISTLE

mission of finnes, and the principall meane, to reach and giue from God to vs all graces and benefits, for our soules and bodies in this life temporall, and in the world eternall: and because I finde no Prayer-Booke composed onely of prayer and thanksgiving, therefore to avoyde the trouble of reading many, the cumber of keeping many, and most of all the burthen of bearing many, I haue collected the best prayers for Repentance, Remission of finnes, and thanksgiving, and added new of my owne, which in most zealous humblenesse and dutifull obedience,

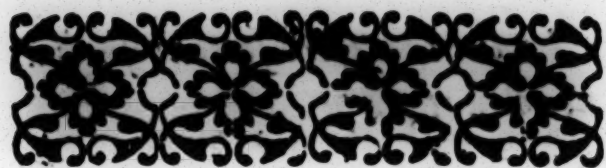
D E D I C A T O R I E.

ence, I present vnto your
most excellent Maiestie, be-
seeching your Highnesse to
accept this, as the great Mo-
narch ARTAXERXES did
the poore Womans handfull
of water, wherein I shall ac-
count my selfe most happie,
and ever remaine as I am;

*Your most faithfull
and obedient servant,*

N I C H O L A S
T H E M Y L T H O R P E.

i
l
a
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T
r
a
h



¶ T o the Reader.



I have (Gentle Reader) spent my former time in worldly matters, so I am desirous to spend these latter daies in godly and Christian exercises: And being mone'd to begin with Prayers, as the most principall exercise, and great meanes of mans salvation. I read over diuers Prayer Bookes, but I found none onely of Prayer and Thankesgiuing, but many other matters in them. And for that my selfe, and some of my friends are desirous to haue one onely Pooke to beare about

TO THE READER.

*us : I have therefore set out such as
serue to that purpose.*

*The Children of God have ever
from the beginning used Prayer for
the supply of their corporall, and spiri-
tuall necessities, and have ever gra-
ciously obtained their petitions, as
well for themselves as others. Hagar
by prayer had drinke for her sonne.
Annaby prayer obtained a son, Isaac
a wife, Iacob's defence, Moses, Da-
uid, Iehosaphat, Ezekias, Maca-
beus, and diuers other attained vi-
tories : The Niniuites deliuerance
from destruction : At the prayer of
Iosua the Sunne stood still : so stay-
ed the Sun three houres in the dayes
of Henry the first, till the Earle of
Ormonde in Ireland with his smal
company overcame Omore, Arshur,
& others, with their terrible armies.
At the prayer of Alexander, the
Caspian Mountaines closed, and in-
closed*

TO THE READER:

closed the Iewes: and the Sea Pamphilicon diuided it selfe to him and his Armie, at their passage against Darius. Clenches first Emperour of the Tartars, conquered all the Kingdomes to mount Belian, and then a Knight on a white horse came to him and bad him Conquer beyond that mountaine: Clenches said he could passe no further for the Sea, then the Knight bad him pray to God almightie, and he would shew him a way; So Clenches prayed on the Mountaine, and as he was in his Prayers, he saw the Sea diuide it selfe, where he and his Armie passed through on dry ground, then he conquered Catha, and all the bordering countries. At the prayer of the Christians, and a poore Cobler, a Mountaine in Mossull removed from one place to another, wherky the Christians annoyed the cruel sentence of the unelc-
king

TO THE READER:

uing Calipho : By Prayer, iron
hath swome, the dead haue risen, and
all other wonders effected, and of all
Gods gracious gifts, it is one of the
chiefest. Also God commands vs to
call vpon him, as when he saith, aske
and you shall haue, watch, and pray,
pray continually: the Lord is nigh to
them that call vpon him: yea, vnto
all such as call vpon him faithfully.
Pray earnestly to God, for forgine-
nesse of sinnes, with full purpose of a-
mendment,

There are foure sorts of men to
pray, some pray for others and not for
themselues, these are too proud and
carelesse: some pray for themselues
and not for others, these are too un-
charitable: some neither pray for
themselues nor for others, these are
too bad and unchristian: some pray
for others, and themselues, these are
the best and godliest.

TO THE READER

In prayer observe these fine things :
first, that you direct your mind to
God ; next, that we are commanded
to pray ; thirdly, the promise that he
will heare us when we pray, then that
we must pray in faith : lastly, to be-
leeue to obtaine the thing wee pray
for, let vs alwayes pray, not with l.p.
labour, but with heartie affection, in
spirit, faith, and truth, first giue
thankes, then pray for remission of
sinnes, faith, and all spirituall things :
lastly, for corporall blessings, and
things belonging to it. Pray for things
eternall, spirituall, corporall, things
present, and to come, for thy soule
and bodie, and to be crow-
ned with everlasting
Glorie.

THE POSIE OF
Godly Prayers.

At thy uprising say;



Rise, and enter into this day, to glorifie my GOD, and walke in my Vocation, in the Name

of the Father, Sonne, and holy Ghost, Amen.

Then Pray thus.

A Prayer for the Morning.

O Gracious Lord, and most mercifull Father, which hast from the beginning of my age hitherto deliuered me from all perils & dangers, both of soule

soule and body, for which I most heartily thanke thee, and yet because I feele in my selfe so many faults & imperfections, such readinesse to euill, and slacknesse to doe good, I quake and tremble for feare of thy wrath, and sharpe Iudgement: but for that I know thou commandest me by Prayer to craue of thee all things necessary for soule and body, and hast promised graciously to heare my lamentable suite, and mercifully to grant mee my needfull requests and petitions, and I know thou canst and wilt performe them, therefore for Iesus Christ his sake, and in his blessed and holy name, and for thy mercie and truths sake, I humbly beseech thy Fatherly goodnesse, to grant me all things for this bodie and transitory life, as shall be most agreeable.

godly Prayers

3

agreeable to thy godly will and pleasure: and I humbly beseech thee, that I may alwayes pray in charitie, vse thy gracious gifts & benefites in charitie, and leade my whole life and conuersation in charitie, that I may daily thorough the assistance of thy holy spirit, mortifie all my carnall lustes and filthy affections: prosper me & mine in all our honest affaires: increase thy good gifts in mee, and confirme and stablish mee in thy grace, that I may goe forward in all goodnes, and with an humble and contrite heart, and with a sorrowfull and repentant spirit, I sue vnto thee, most mercifull Father, beseeching thee for mercy and forgiuenesse of all my offences, which in this night past, or at any time heretofore, I haue committed against thy good will
and

and pleasure, by trespassing against thy godly Maiestie, in thought, consent, word, or deed: and I most heartily thanke thee, that thou hast preserved me this night past, and all the dayes of my life hitherto, from all death, danger, and other mischiefe, & I beseech thee blessed father that thou wilt vouchsafe this day, and euer hereafter to haue a mercifull eye vnto me, support, & sustaine me, beare me vp, and saue me, that I fall not into danger, nor breake thy Commandements, giue me grace to walke warily among the snares of my mortall enemies, the Deuill, the world, and the flesh, and in all things to be prudent, and diligent, to consider before what I shall speake or doe, that my whole thoughts, words, and workes, may be to thy honour,

nour, laud, and glory, to the edifying of my soule in vertue, and to the profit of my brethren, thorough the gracious mediation of Iesus Christ my Lord and onely Sauour, Amen.

*Another Prayer for the
Morning.*

O Mercifull Lord God, I render most high laud, prayse, and thanks vnto thee, for that thou hast preserved and kept me both this night, and all the dayes and times of my life hitherto, vnder thy most mightie protection, and hast suffered me to liue vntill this present houre, I most humbly beseech thee that thou wilt vouchsafe to receiue me this day, and the residue of my whole life into thy tuition, ruling, and governing

6 *The Posie of*

uerning me with thy holy Spirit,
that all manner of darknes, mis-
beliefe, infidelitie, carnall lustes,
and affections, may bee vtterly
chased, & driuen out of my heart,
and grant me a right and perfect
faith, that I may be iustified and
saued both soule and bodie, and
let me walke in the light of thy
most godly truth, to thy glory
and prayse, to my comfort, and
my neighbours furtherance, tho-
row Iesus Christ my Lord and
Saviour, Amen.

A Prayer for the Morning.

O Eternall God, and heauen-
ly father, seeing that by thy
great mercie, I haue quietly pas-
sed this night, grant I beseech
thee, that I may bestow this day,
and the residue of my life whol-
ly

ly in thy seruice, so that all my thoughts, words, and workes, may redound to the glorie of thy holy name, and good example of my brethren: and as it hath pleased thee, to make the Sunne to shine vpon the earth, to giue vs bodily light, so vouchsafe to illuminate my vnderstanding, with the brightnesse of thy holy spirit, to direct me in the way of righteousness, so that whatsoever I shall doe, my speciall care and purpose may be, to walke in thy feare, and to serue and honor thee, and that I may take nothing in hand, which shall not be agreable to thy most blessed wil, and that I may in such sort trauell for my bodie, and this present life, that I may euer haue a regard to the heauenly life, which thou hast promised to thy children:

dren: and that it may please thee
to preserue and defend me both
in bodie and soule, to strengthen
me against all temptations of the
Deuill, to keepe me from all sins,
and deliuer me from all perills
and dangers whatsoeuer. And
furthermore, I beseech thee to
receiue me this day, and the re-
sidue of my whole life, into thy
holy protection, continuing and
increasing in me daily thy grace
and good gifts, and (vouchsafe
most mercifull Father) to forget
and forgiue all my sinnes, which
I haue heretofore at any time
committed against thee, and for
thy infinite mercies sake, pardon
and forgiue the same, for which
and for all things els, which I any
way stand in need of, I make my
humble Petition vnto thee, in
the name of thy Sonne my Lord
and

and Saviour Iesus Christ, in such
sort as he hath taught me saying,
Our Father which art, &c.

Another Prayer for the Morning.

ALmighty and most graci-
ous God, I heartily thanke
thee, for the sweete sleepe and
comfortable rest, which thou
hast giuen me this night past, and
for that thou hast commanded
by thy holy Word, that no man
should be idle, but alwayes oc-
cupied in godly, and vertuous ex-
ercises, euery man according to
his calling, I most humbly be-
seech thee, that thine eyes may
attend vpon mee, daily defend
mee, cherish, comfort, and go-
uerne mee, and all my counsels,
studies, and labours, in such wise,
that I may spend, and bestow
this

this day, and the residue of my
whole life, according to thy most
blessed will and pleasure, setting
thee alwayes before mine eyes,
liuing in thy feare, and working
that, that may be found accepta-
ble in thy sight, hating wrong, &
louing iustice. Also I beseech thee
most merciful God to strengthen
and keepe me in the faith of thy
Catholique Church, and kindle
in me the loue, and light of thy
holy Spirit, that I may walke
godly and vertuously in this life,
die in the truth of thy word, and
liue with thee in euerlasting
glory, grant this most mer-
cifull God, for thy deare
Sonne Iesus Christ
his sake, A-
men.

godly Prayers.

11

*Another Prayer for the
Morning.*

I Humbly and heartily thanke
thee O heavenly father, through
thy dearly beloued Sonne Iesus
Christ, that so thy innumerable
benefits hitherto powred vpon
my soule and body, thou hast
kept mee this night past, and all
the dayes and times of my life
hitherto, from all euill, spiri-
tuall and corporall: wherefore I
beseech thee to be mercifull vnto
mee, to giue mee grace to repent
and amend my sinfull life, that
I may liue henceforth, not as I
will, but as thou wilt: & as of thy
goodnesse thou hast giuen mee
time to repent and liue godly, so
of the same thy goodnesse in
Christ Iesus, I humbly beseech
thee to giue me thy gracious gift
B of

of true, holy, perfect, & perpetuall
repentance, that I may more and
more lament my former ſinfull
life, truſting faithfully in thy rich
mercie, through the merites of
Ieſus Chriſt, for the pardon of all
my ſinnes, and that I may vn-
fainedly purpoſe, and effectually
labour to amend my life, and that
all my thoughts, words, & deeds,
may be to the prayſe of thy holy
name, and good example of o-
thers. And for as much as thou
knoweſt my ignorance, wicked-
neſſe, & vnablenefſe to carry any
croſſe or affliction, I beſeech thee
ſweet Father, ſo gouerne and or-
der all things towards me, that I
be neuer further afflicted, proo-
ued, or tempted, then thou wilt
make me able to beare, and ſo
aſſiſt and helpe mee in the ſame,
as may be to thy glory, and my
ſaluation,

godly Prayers. 13

saluation, through Iesus Christ
my Lord and Sauour, Amen.

*A Prayer for the Morning by a
Sinner, acknowledging his
sins, and asking forgiveness
nesse for the same.*

Almighty, mercifull, & most
loving Father, whose loue is
infinite, whose mercy endureth
for euer, I sinfull creature, trust-
ing in thy vnspeakeable good-
nelle, and loue toward mee, doe
appeare this morning before
thy diuine Maiestie, most hum-
bly confessing my great, and
manifold sinnes and offences,
that I haue committed against
thee, and the innumerable trans-
gressions of thy most godly
Commandements, and Fatherly
will: Against thee O Father, a-
gainst

gainst thee onely haue I sinned:
I acknowledge my offences, I
accuse my selfe, O Lord, I can-
not hide my vnrighteousnesse
from thee, I find in my selfe no-
thing but disobedience, doubt-
fulnesse of thy goodnesse, incre-
dulity, hatred of spirituall things,
confidence in my selfe, and ter-
uent lusting after carnall things,
therefore I humbly beseech thy
fatherly goodnesse, for thy Son
Christ his sake, (whom thou hast
sent for a purchaser of mercy for
me, through faith in his blood)
take away my hard heart, make
me a cleane heart, and giue mee
a true and liuely faith: haue mer-
cie vpon mee O Lord my Savi-
our, forgiue mee my sinnes, O
Lord forgiue mee my sinnes for
thy Sonnes sake. O God and
mercifull Lord, certifie my con-
science

science of the remission and forgiveness of my sinnes by thy holy Spirit, by whose operation mortifie in me the old man, and body of sinne, that I may die vnto sinne, and walke in newnesse of life, to the glory of thy holy name, through Iesus Christ my Lord and Saviour, Amen.

A Prayer for the Evening.

I Thank thee O heavenly Father by thy dearly beloued son Iesus Christ my Lord and Saviour, that of thy free mercies thou hast preserved me this day, from all hurts and dangers: vouchsafe also I most humbly beseech thee to keepe me this night, and euere hereafter, to saue me from all my enemies, both bodily and ghostly: giue my body quietnesse and

sleepe, but let my mind and soule
 continually watch vnto thee,
 thinke on thee, and thy holy law,
 that when the chearefull light of
 the day shall appeare, I being
 whole in bodie and soule, may
 ioyfully rise againe, bee thank-
 full vnto thee, & diligently walke
 in my vocation, to my comfort,
 & the glory of thy blessed name,
 through Iesus Christ my Lord &
 Sauour, Amen.

A Prayer for the Euening.

O Most gracious Lord, and
 mercifull Father, I thy most
 vnworthy child, and sinfull crea-
 ture, with humble heart pro-
 strate my selfe before thy diuine
 maiesty, most humbly beseeching
 thee of mercie, and forgiuenesse
 of my sinnes and iniquitie, that

I haue this day or at any time
since I was borne, committed a-
gainst thee, I am heartily sorry
that I haue many wayes trans-
gressed against thee, and doe aske
mercic and forgiuenesse for the
same. And with my whole heart
I heartily thanke thee, that of
thy great goodnesse, mercie, and
grace, thou hast hitherto most
safely preserued me. And I be-
seech thee most mercifull Father,
be no more angry with me, nor
forsake me, but continually assist,
comfort, and strengthen mee a-
gainst the assaulls of the Deuill,
and be my succour and defence
this night, and vnto my liues end,
that I neuer offend thy diuine
Maiestie, or commit any sinnes
or iniquities: and vouchsafe of thy
aboundant bountifullnesse, to re-
fresh my weake body with con-

convenient reſt, that I may to morrow with all diligence, the more readily ſerue thee in that eſtate wherein thou haſt ſet me, that all my actions may ſo pleaſe thee, & by thy aſſiſtance bee gouerned, that after this vaine and tranſitory life, I may attaine the life euermor-
 ting, through Ieſus Chriſt our Lord and Saviour, Amen.

*A Prayer for the Evening, and
 forgiueneſſe of finnes.*

I Yeelde thee moſt humble and
 heartie thankes (O heauenly
 Father) for all thy graces, and be-
 nefits that I haue at all times
 heretofore receiued at thy boun-
 tifull hands from the beginning
 of my life vnto this preſent
 houre, and for the great benefit
 of my election before the foun-
 dation

dation of the world, for my creation, redemption, iustification, & sanctification in Christ Iesus, for sparing me so long, & giuing me so large a time of repentance, deliucring me from all perils, bodily and ghostly, for drawing me out of darkenelle, and bringing me to the light of thy Word, for defending mee from all dangers past, and protecting mee vntill this present houre, and I most humbly beseech thee of thy goodnesse O Lord, that it may please thee to take care and charge of me this night, and all the dayes & times of my life hereafter, not to suffer mee to sleepe and slumber in sin, and vngodlinesse, but that I may be alwayes watchfull and carefull for the comming of my Lord & Sauour Iesus Christ, that whensoever hee shall come,

he may find me prepared to receive him, and that I may heare and inioy that comfortable sentence, come you blessed of my father, inherit the kingdome prepared for you: to the which, Lord Iesus Christ, I beseech thee to bring mee, who hast so dearly bought me: To whom with the Father, and the holy Ghost, be all honour, power, prayse, glory, & dominion, both now and for evermore, Amen.

Another Prayer for the Evening.

Most mercifull God, and tender Father, which beside thy most inestimable mercies, given and bestowed vpon mee, in making mee, in redeeming me by the death of thy deare Sonne Iesus Christ,

in.

in calling me to the knowledge^e
of thy blessed Word, in kee-
ping me in thy holy Church, and
in thy most gracious gouerning
me, and all things hitherto, for
my wealth and commoditie;
which hast also most fatherly ca-
red for mee, and hitherto kept
mee from all dangers, both of
soule and bodie, giuing mee
health, food, apparell, and all
other things necessary, for the
comfort and succour of this
poore and miserable life, which
many other want: for these and
all other thy good giftes and
gracious benefits, which of thy
onely goodnesse, and fatherly
providence, thou hitherto hast
and now doest powre vpon mee,
I most humbly thanke thee, and
praise thy holy name, beseech-
ing thee to forgiue, hide, and
bury.

bury all my sinnes, which at any time heretofore I haue committed against thy holy Commandements: and I beseech thee to grant me the guard of thy good Angels, to keepe mee this night, and euermore, and grant good Father, that when I shall sleepe in death, my body may rest temporally, and my soule liue with thee eternally, to thy glory and my ioy, thorow Iesus Christ my Lord, Amen,

A Prayer for the Evening.

O Eternall G.O.D, and most mercifull Father, who this day, and all the time of my life hitherto, hast graciously defended, nourished, and preserved my soule, and bodie, and of thy louing kindnes hast most fatherly

ly. provided for me, a poore sinner, not onely in giuing mee a rich portion of thy creatures, but also in that plentiful Redemption, which thy most deare sonne Iesus Christ hath purchased for me: grant vnto me, O mercifull Father, the assistance of thy grace and holy Spirit, that though my bodie take the naturall rest, yet my soule and minde may behold thy goodnesse toward me, bee ioyfull in thee, and receiue such inward pleasure, and heavenly sweetnesse in thy loue, that whatsoeuer I shall henceforth thinke, speake, or do, it may be all to the honour of thy holy name. And let thy mightie hand, and out-stretched arme, O Lord, be still my defence, thy mercy, & louing kindnesse, in Iesus Christ thy deare Sonne my saluation, thy

thy true and holy Word my instruction, thy grace and holy spirit my comfort and consolation, vnto the end and in the end, thorow Iesus Christ my Lord and onely Sauour, Amen.

*When you goe to bed say, I lay mee
downe to rest, in the name of the
Father, the Sonne, and
the holy Ghost.*

Then pray thus.

O Mercifull Lord God, heauēly Father, whether I sleepe, or wake, liue or die, I am alwayes thine: wherefore I heartily beseech thee, that thou wilt vouchsafe to take care and charge of mee this night, & at all times hereafter, and not to suffer me to perish in the workes of darknes, but to kindle the light of thy holy spirit in my heart,

heart, that thy godly knowledge may daily increase in me, through a right and pure faith, and that I may alwayes walke, and liue after thy good will and pleasure, thorow Iesus Christ my Lord and Sauour, Amen.

*A Prayer before wee settle our
selues to our deuotions.*

O Most mercifull God, giue mee leaue to present my selfe before thy diuine Maiestie, and to powre out my vnworthy prayers vnto thee: in the multitude of thy mercies O Lord, I come to make manifest my necessities (as a poore and needie wretch) vnto a God of infinite glory: I come as a worme to my Soueraigne Maker: I come as a haynous offender, to a iust and
seuer

seuere Iudge; thou O God promistest that who so asketh, shall receiue, who so seeketh shall find, grant mee therefore grace to pray vnto thee, as my dutie, and thy desert requireth, grant me a pure intention, a seruent deuotion, that with humble heart, firme hope, and perfect charitie, I may effectually pray vnto thee, and aske of thee, that which thou seest most for thy glory, and my good. O mercifull Lord helpe mee to pray worthily, that thou mayst graciously graunt my petitions: defend my weake heart from ghostly assauls, and so fixe my minde vpon thee, that I be not carried away from consideration of thy presence: grant mee attentiuely to apply my thoughts, and to be wholly rai-
shed and possessed with zeale &
true

true deuotion. Grant me to aske
forgiuenesse with deepe contri-
tion, and full purpose of amend-
ment: affoord, O Lord, such com-
fort to my soule, as thou seest fit
for me, and by the assistance of
thy spirit, inspire thy good moti-
ons into mee, that I may feele
them forcibly, accept them thank-
fully, and fulfill them effectually,
and that I may deuoutly pray
vnto thee with true repentance,
appease thee, and for euer dutiful-
ly to serue thee.

A generall confession of sinnes.

Almighty God and heavenly
Father, I confesse and ac-
knowledge, that I am a miserable
and a wretched sinner, and haue
many wayes most grieuously
transgressed thy most godly
com-

commandements, through wicked thoughts, vngodly luſts, ſinfull words & deeds, in my whole life. In ſin was I borne and conceiued, and there is no goodneſſe in mee, that without thy mercy I ſhould periſh for euer: ſo little help, comfort, or ſuccour is there either in me, or in any other creature: onely this is my comfort O heauenly Father, that thou diddeſt giue thy dearly beloued Son to the moſt vile, bitter, and ſlandrous death of the croſſe for me, that he might ſo pay the ranſome for my ſinnes, ſatiſfie thy iudgements, ſtill, and pacifie thy wrath, reconcile mee againe vnto thee, and ſo purchaſe mee thy grace, fauour, & euerlaſting life: wherefore through the merites of his moſt bitter death and paſſion, and through his innocent bloudſhedding:

shedding: I beseech thee O hea-
uenly Father, that thou wilt
vouchsafe to bee gracious and
mercifull vnto me, to forgiue and
pardon mee all my sinnes, to
lighten my heart with thy holy
Spirit, to renew, confirme, and
strengthen me with a right and
perfect faith, and to enflame me
in loue toward thee & my neigh-
bour: that I may henceforth
walke as it becommeth mee, in
thy most godly cōmandements,
and so glorifie and prayse thee
euerlastingly: grant mee further
O Father, that I may haue a quiet
heart and conscience, and that
I may in all temptations, afflicti-
ons, necessities, and in the ve-
ry panges of death, trust faith-
fully in thee, and in thy mercies.
And for that thou hast comman-
ded mee to pray vnto thee, I
hum-

humbly beſeech thee, for all things needfull for me, and pray vnto thee, as thy Sonne himſelfe hath taught me, ſaying, *O our Father, &c.*

A Prayer of thankſgiving, remiſſion of finnes, neceſſities in this life, and life euerlaſting.

O God of Abraham, Iſaac, & Iacob, thou God of pittie & all mercie, haue mercy vpon me a wretched ſinner, and forgiue me (I moſt humbly beſeech thee) all my finnes and offences, that I haue euer committed againſt thee: blot out all my miſdeedes, renew a right heart, and create O God a new ſpirit within mee. I thanke thee O heavenly Father for all thy bleſſings and benefits which thou haſt beſtowed vpon me:

me: continue, multiply, and increase thy good blessings vpon me: stretch out thy handes of bountie ouer mee, and with thy eyes of mercie looke vpon mee, send mee (O Lord) a sufficient lining, make mee beneficiall to all, and not chargeable vnto any, bleſſe me good Lord, & giue me grace to liue godly, and vertuously, and raigne with thee euertastingly: deliuer mee from all troubles, discontentes, and worldly calamities: take me O Lord, into thy owne tuition: bleſſe, prosper, and protect all my proceedings: let whatſoever I take in hand, be good: and let that come to a happie and ſucceſſiue end: let mee haue a care not to doe any thing that ſhould offend thee, but let my whole deſire be to doe thoſe things that may
pleaſe

please thee: send O Lord thy Angell from heauen to gouerne me, and to deliuer mee (as hee did thy servant *Tobias*) from all dangers: send O Lord thy grace from heauen to guide me, & thy wisdom from the highest heauens, to teach and direct me: let mee not any more fall into sinne through frailtie, but so bleſſe me with thy blessings, that I may neuer offend thee, but that I may earely & late, night & day, and at all times and seasons, giue prayſe and thanks to thy heauenly Maieſtic: that I may liue in this world to my comfort, and thy glory, and raigne with thee in cuerlaſting glory, in the world to come. Heare O Lord, theſe my prayers, & for thy moſt deare mercies ſake, and for my ſweet Sauour Ieſus Chriſt his ſake,
grant

grant my petitions. To thee O God the Father, Sonne, and holy Ghost, be all honour, dominion, power, and glory, now and for euer, world without end, Amen.

*A Prayer for fargiuenesse of sinnes,
with a confession of his faith.*

O Lord God almightie, and Father of my Sauour Iesus Christ, I most earnestly beseech thee, for thy Fatherly goodnesse and mercie, to pardon and forgiue me all my sinnes and offences, and through thy bountifull goodnesse and mercy deliuer me from all those sinnes and offences, which by my frailtie, or any way else I euer committed against thee: for I confesse and acknowledge, that I am a miserable, and wretched sinner, and
haue

hane many wayes most grieuouſly tranſgreſſed thy moſt godly will and Commaundements: through wicked thoughts, vngodly luſts, ſinfull words, and deeds in my whole life. In ſinne was I borne and conceiued, and there is no goodneſſe in mee, therefore through the merites of the bitter death and paſſion of thy beloued Sonne Ieſus Chriſt my Sauour, and through his innocent bloud-ſhedding, I beſeech thee, O heauenly Father, that thou wilt vouchſafe to be gracious and mercifull vnto mee, to forgiue and pardon mee all my ſinnes and offences, to lighten my heart with thy holy ſpirit, to renew, confirme, and ſtrengthen me, with a right and perfect faith: enflame in mee loue toward thee and my neighbour, that

that I may walke with a glad heart in thy Commandements, and glorifie and prayse thee eueralstingly : and that I may with a cleare conscience, and quiet, & chearefull heart, in all temptations, afflictions, or necessities, cry vnto thee earnestly, and say, Lord haue mercy vpon mee a sinner, &c.

*A godly Prayer for forgiveness of
sinnes, and all things needfull
for soule and bodie.*

Omnipotent, eternall, and
euer-liuing God, which hast
made heauen and earth, the sea,
& all things contained in them :
thou onely maker of all things,
preseruer and helper of them,
with thy Sonne my Lord Iesus
Christ, and the holy Ghost : O
most wise, merciful, good, strong,
C and

and righteous Iudge, which hast
sayd, thou wilt not the death of a
sinner, but that hee conuert and
liue: I thy poore creature and
worke of thy hands, doe acknow-
ledge and confesse my manifold
sinnes and offences, which from
my youth vntill this time, in
thought, word, and deed, I haue
most grieuously committed a-
gainst thee, and am most heartily
sorrowful for the same, desiring thee
for Iesus Christ his sake, to haue
mercy vpon me, and according
to thy great mercie forgiue mee
all my offences. O Lord I con-
fesse and acknowledge that I was
borne in sinne, and conceiued in
wickednes, and in my flesh dwel-
leth nothing that is good, and of
my selfe I am not able to thinke
a good thought, much lesse to
will, and least of all to doe as I
ought,

ought, therefore O Lord I call
to thee for grace, which hast pro-
mised to heare them that call vpon
thee: assist O God, and guide
me with thy holy Spirit, draw
me vnto thee, make mee O Lord
poore in spirit, vile, and low in
my own sight, giue me thy grace,
that whensoever I be drawne in-
to any sinne and wickednesse, ei-
ther in thought, word, or deede,
that I may feele my owne infir-
mitie and weaknesse, and that I
may with speedie repentance
turne vnto thee. Take from me
my stonie, blind, vnbeleeuing,
doubtfull, vnfaithfull, and vn-
thankfull heart, my carnall, idle,
secure, and impenitent heart, and
giue me a heart to feare thee, loue
thee, and trust in thee: write
thy law in my heart, and minde
let me beleue, trust, and liue in
thee

hee for euer, deliuer me from the
spirit of pride, vaine-glory, hau-
tinesse of minde, presumption,
selfe-loue, and trust in my selfe.

Take from mee O Lord, the wic-
ked spirit of suspition, enuie, iea-
lousie, grudging, whispering, or
backe-biting: keepe mee from
wrath, malice, hatred, lying, euill
words, contention, flattering,
dissimulation, hypocrisie, blas-
pheming, vaine-swearing, light-
nesse, idle words, and all vnita-
blenesse of heart: deliuer mee O
Lord from all filthinnesse, both of
the flesh & spirit, from vncleane
thoughts, vnlawfull desires, euill
concupiscence, & lusts of the bo-
die. Take from mee couetoui-
nesse and care of riches, all deceit
and guile, all idlenesse and sloth,
and giue me not ouer to an vn-
shamefast and obstinate minde

make

Make me able to beare wrongs
with patience, and not recom-
pence euill for euill. Make mee
loath to giue occasions of euill to
any, and if I doe, make mee wil-
ling to confesse my fault, and a-
mend it. Take from me O Lord,
a carefull heart of worldly things,
and grant that neither pouertie
oppresse me, nor riches lift me vp
to forget thee, but in prosperitie
make me thankfull and patient,
and humble in aduersitie: Lord
make mee merrie without light-
nesse, sad, without mistrust,
sober, without dulnesse, true,
without doublenes, fearing thee,
without desperation, trusting in
thee, without presumption: giue
mee O Lord, the spirit of hum-
blenesse, meekenesse, simplicitie,
gentlenesse, goodnesse, faithful-
nesse, and truth: grant mee O

God the bowels of mercie, and
louing kindnesse to my brother,
long suffering, and patience, to
beare all things well that thou
shalt lay vpon mee : regenerate
my heart with the spirit of grace
continually : and graunt mee an
inwarde feeling of thy fauour
and mercie toward mee in Iesus
Christ my Lord, that I may
know thee to be my God and
Father, and mee thy childe for
euer. O Lord increase my faith
in thee, and in Iesus Christ my
Redeemer, confirme my hope
in thy promise, make perfect my
loue toward thee, giue me a true
and vnfained loue to all vertue,
and godlinesse, increase in mee
O Lord, strength, and victorie
against all temptations, and as-
saults of the Deuill, the flesh, the
world, and the vanities thereof,
giue

giue mee grace to keepe a good
conscience: giue me a pure heart
and minde, and renew a right
spirit within me, giue mee the
true vnderstanding of thy holy
word, that I neuer swerue from
the truth thereof, and that my
chiefe felicitie may be in the
same, and in hearing, reading,
talking, watching, praying, fast-
ing, mortifying, & subduing my
owne will and members. O gra-
cious Lord Iesus Christ, Sonne
of the liuing God, which was cru-
cified and raised againe for mee,
and other: which sittest on the
right hand of the Father, and art
appointed the onely mediator for
me vnto God, haue mercy vpon
me, pray to thy heauenly Father
for me, sanctifie me with thy ho-
ly Ghost, as thou hast promised,
& send the spirit of truth to abide

with me for euer, kindle my mind
and heart with thy holy Spirit,
that I may truly belecue in thee,
acknowledge, & call vpon thee,
giue thanks vnto thee, and obey
thee: for I feele my selfe so char-
ged with sinnes and infirmities,
that I know not what to doe, but
offer vp my selfe wholly vnto thy
mercy, to be reformed according
to thy good will and pleasure. O
eternall, most mightie, and euer-
lasting God, gouerne, and keepe
me, lighten me alwayes with thy
Gospell, rule, and confirme my
heart, with thy holy spirit, and
gouerne my studie, powre on me
thy spirit of grace, and prayer,
make me Lord happie, and dili-
gent in the workes of my voca-
tion: take into thy custodie for
euer, O sweet Sauour, my soule,
body, life, and all that euer I haue.
be.

be gracious vnto me, O Father, succour & helpe me in all necessities, graunt mee all thy blessings, and holy spirit, to sanctifie, and dwell in mee for euer. And O Lord haue mercy vpon mee, graft, plant, and sow in my heart, all vertues, and giue mee grace, so to vse them, and all other thy gracious gifts, as may be most to thy glory and prayse, to my consolation and comfort, and to the profit of thy Church. Heare O Lord, my prayers, and forgiue mee all my sinnes, and wickednesse that I haue committed, and giue mee grace truely to repent the same: grant vnto mee, O Lord, true contrition of heart, that I may vehemently despise my sinfull life past, and wholly be conuerted vnto thee: I haue sinned O Lord, I confesse it, and I

cannot denie it, but O my God,
 pardon my trespasses, releafe my
 debts, and forgiue mee all my
 sinnes: stoppe my wounds, for
 I am plagued and beaten with
 sinnes, and grant mee grace,
 with patience to attend thy di-
 uine maiestie, increase in mee, I
 most humbly beleech thee, O
 most gracious God, the gift of
 faith, that I may truly beleue
 in thee, and in thy promise made
 vnto mee; grant this O Father,
 for thy deare Sonne Iesus Christ
 my Lord and Sauour, Amen.

*A Prayer wherein the sinner accu-
 seth himselfe for falling into sinne,
 and asketh forgiuenesse for the
 same.*

DEare, tender, and most mer-
 cifull Father, God almight-
 ye,

tie, great, and dreadfull, which
art mercifull to whom it pleaseth
thee, for thou art the Father of
mercy, & God of all grace, peace,
and comfort, which wilt not the
death of a sinner. I therefore ear-
nestly desire thee O Lord, to
haue mercy vpon me, haue mer-
cy vpon me, O Lord, according
to thy great mercy, & according
to the multitude of thy mercies,
put away my sinnes and offences,
wash me O God from my wic-
kednesse, and make mee cleane
from my vnrighteousnesse. I ac-
knowledge my sins, and doe ac-
cuse my selfe of my euill deeds, I
confesse my wickednesse, and re-
belling against thy precepts, I
haue beene a froward childe, and
haue offended, & prouoked thee,
with all my vanities, and sinnes,
and haue not exercised my selfe,
in

in thy lawes. I haue turned
backe from thy wayes, and haue
done wickedly before thee, I
haue walked after my owne
thoughts, and phantasies, and
not as thou wouldest, but haue
runne from sinne to sinne, fol-
lowing the desires of my heart.
I haue displeased thee by my
inventions, and none of my
sinnes bee hidden from thee,
I am not worthy to be called thy
sonne, woe I am, that I haue
gone from thee, great is my
griefe, that I haue led my life
in sinnes, woe is me, that I haue
forsaken thee, and liued after my
owne minde: but O Lord, for-
giue me all my sinnes, doe not
forget mee, nor keepe thy mercie
longer from mee, heare me now,
O Lord, graciously calling vpon
thee, and be mercifull vnto mee,
be.

Be no longer angry with me, nor
cast not away a contrite, and pe-
nitent sinner. Turne thee againe,
O Lord God, and forgiue me all
my sinnes, and offences: hide not
thy face from my prayers, but
according to thy promises take
me into thy fauour, for I am one
of those, O Father, whom thy
Sonne hath redeemed with his
most precious blood: and there-
fore of thee, O Lord, I aske mer-
cy, beseeching thee, to forgiue me
all my sinnes, and to haue mercy
vpon me, for thy deare Sonne Je-
sus Christ his sake, my only Lord
and Sauour, Amen.

*A Prayer of thanksgiving, and for
remission of sinnes.*

GRANT O Lord of thine vn-
speakeable mercie, that I
may.

may worthily prayse and honour thee, that my mouth may speake, my heart studie, and my tongue sing thy laud and praise, heare the sacrifice of my lips, & make it acceptable in thy sight, O my soule praise thou the Lord, & all that is within me, laud his holy name. I will praise thee O God, & magnifie thy name for euer & euer, for thou art good to all, and thy mercie exceedeth all thy workes, my mouth shall giue thee thanks, & extoll thy holy name. O prayse the Lord my God, my maker, redeemer, nourisher, defender, strength, ioy, victorie, and eternall glory. I honour thee, I glorifie thee, I worship thee, I laud, & prayse thee, for that it pleased thee, to make mee a reasonable man, & hast giuen me wisdom, vnderstanding, and many other blessings,

blessings, spirituall and corporall,
 thou hast visited my heart with
 many graces, and holy motions,
 thou hast deliuered me from ma-
 ny perils, both of soule and body,
 and kept and preserued me from
 many sinnes, whereinto I might
 haue fallen, for these and all o-
 ther thy good blessings, most a-
 boundantly bestowed vpon me,
 I wretched sinner with all my
 heart most humbly laud, prayse,
 and honour thee. O most merci-
 full God, I adore and giue thee
 thanks for thy vnmeasurable cle-
 mencie, and infinite goodnesse,
 whereby thou doest most merci-
 fully suffer me to liue, pardonest
 me, and bestowest thy benefites
 vpon me, let thy pittie molifie my
 hardnes, thy burning charity melt
 my frozen heart, that I may bee
 changed from a vessell of wrath,

vnto

vnto a vessell of mercy, and so
being freed from my sinnes, I
may be the more feruent in lou-
ing thee, thou art good, and I e-
uill, thou holy, I wretched, thou
iust, I vniust, thou light, I blind,
thou life, I death, thou ioy, I hea-
uiness, thou soueraigne veritie, I
nothing but vanitie. O Lord san-
ctifie me, helpe me, and saue me,
wash me, & make me cleane, suf-
fer me not to be separated from
thee, but from the malignant ene-
mie for euer hereafter, defend me
that I may come and sing to thee
prayses eternally, grant me grace
to come after thee, to imitate thee
that the seruor of my future de-
uotion, may recompence in mee
the follies of my former conuer-
sation, and make me pure and ho-
ly, that I may earnestly seeke thee,
who art the fountaine of eternall
life,

life, expell out of me whatſoeuer
is euill, or amiſſe, or whatſoeuer
diſpleaſeth thee, and deliuer me I
moſt humbly beſeech thee, from
all ſinnes, iniquities, troubles, and
euils, wherwith I am encombred,
diſpoſe all my thoughts, words,
and works, as may be moſt agree-
able to thy moſt holy will and
pleaſure, keepe me euer and eue-
ry where, from all ſinnes, wicked-
nes, and offences, deliuer mee in
this life, from all euils, troubles,
and dangers, and after this life;
bring me to the moſt ſweet, plea-
ſant, and delightfull ioyes of the
life euerlaſting, Amen.

*A Prayer of a ſinner in trouble,
thinking long for helpe, and truſting
in Gods mercies, deſireth helpe.*

EVEN vnto the throne of the
higheſt ~~power~~ I acknow-
ledge

Iedge O Lord, that I am a miserable sinner, beseeching thee O Lord God almighty of thy goodnesse to doe with mee according to thy great mercy, O Lord I am abashed, and ashamed to lift vp my eyes vnto thee, for my sinnes are ascended vp into thy sight: against thee ô Father, against thee haue I sinned, and done euill before thee, thou seest my iniquitie is great, I haue beene an offender against thee, euen from my cradle and since I sucked my mothers breasts, I haue not ceased to doe euill. I was begotten in sinne, and brought into the world in iniquitie, I cannot shake off my sins and offences, but carry still with me, the infamie of my youth, behold ô Lord, I am sold vnder sin, and in my selfe I finde not that which is good, for the good I would

would doe, I doe not, but the euill I would not doe, I doe, all the thoughts and imaginations of my heart haue beene euill euer since I was yong, let me not die in my sins O Lord God, for thou wilt not the death of a sinner, but that he repent and liue, thou art good and mercifull, & according to thy great mercie, saue mee thy vnworthy seruant, thou hast shewed thy mercy on thousands, so haue mercy vpon me O Lord God omnipotent, haue mercie vpon mee a miserable and wretched creature, my soule is troubled, therefore O Lord heale me, looke vpon mee and deliuer me, how long wilt thou reiect my prayers? how long wilt thou turne thy face away from me? thy hand is not weakened O Lord, but it may helpe, and thy eares are not stopped:

stopped : therefore O Lord heare
me, how long O God, shall my
mind be troubled with painefull
and heauie thoughts ? How long
shall sorrow torment my soule ?
How long shall my enemies tri-
umph ouer me ? Looke towardes
me O God, heare my prayers,
giue light vnto my eyes, and let
me not sleepe in death, nor let
not my sinnes preuaile against
me. Turne againe O Lord, turne
againc, and deliuer my soule, and
saue me for thy mercy sake. O
Lord rebuke me not in thy anger
nor punish me in thy great dis-
pleasure, cast not thy darts at me,
nor lay thy heauy hand vpon me,
let me no longer beare thy anger,
nor drinke of the cup of thy dis-
pleasure. I haue no health for feare
of my offences. I haue no rest nor
peace when I behold my sinnes :
my

my iniquities are gone ouer my head, and like a heauie burden they daily presse me downe: thou O Lord, knowest my desire, and seest my necessitie: forgiue mee all my sinnes O Lord God almighty, for thy owne sake, and for thy Sonnes sake, put out of thy sight my haynous offences: for thou hast promised forgiuenesse of sinnes, to them that repent them of the same, haue mercie on me O good Father, haue mercy on me, and for thy glorious name, be no longer angry with me, but forgiue me all my sinnaes, and take me a penitent sinner to thy mercie, for the loue of our onely Sauour Iesus Christ, whom thou hast sent to obtaine mercie for my sinnes, through faith in his blood, who liueth and raigneth now and for euer, Amen. *A*

*A Prayer for a sinner, reioycing for
the benefitts receined at Gods hands,
and asketh still his helpe and for-
giuenesse of his sinnes.*

I Doe reioyce in thee O Lord,
which tookest vpon thee, in
thy bodie my infirmities, and so
barest my paines, thou wast
made weake for my sinnes, and
wounded for my offences, and
by thy strokes, were my wounds
healed, I went astray like a sheepe
and followed my owne wayes,
thou ô Lord through thy loue &
mercie hast redeemed mee that
was lost, and by thy blood-shed
on the Crosse, hast paid my ran-
some, thou diddest die for my of-
fences, & by thy precious blood
hast taken away my sinnes, turne
thy eyes of mercy O Lord God,
and looke vpon mee, the worke
of

of thy hands, and heale the infir-
 mities of me thy weake creature,
 keepe mee from all euill wayes,
 and teach me by thy holy Spirit,
 to choose the way of truth, I
 beseech thee O King of holinesse
 by my redeemer Christ, keepe
 mee in the right way, and vnite
 me vnto him in spirit, make mee
 to goe perfectly in thy paths, and
 to hate all wicked wayes, wash
 my heart from malice, and cleanse
 me from my secret sinnes, cleanse
 me ô holy Father, with the bloud
 of thy wel-beloued Sonne, from
 all my sinnes, and deliuer mee
 from all my iniquities, purifie my
 heart by thy holy spirit from all
 filthinesse of sinne and euill con-
 cupiscence. O God almightie be
 mercifull vnto mee a sinner, and
 for thy glorious name sake re-
 member my sinnes no longer,
 make

make me O God, to returne from
my euill wayes, and wicked
thoughts: remember not the
finnies and offences of my youth,
but according to thy mercie be
mindfull of me, for thy goodnesse
sake. O Lord my hope is in thee,
my soule trusteth in thee, my
soule looketh for thee, thou art
mercifull, and with thee is plen-
teous redemption: therefore haue
mercie vpon mee according to
the multitude of thy mercies, for
thou art full of pittie and mercie,
turne not therefore thy face from
mee, haue mercie vpon mee, O
Lord God my Sauour, pardon
and forgiue me my sins, for thy
names sake. O righteous Father,
looke not vpon the multitude of
my sins, but looke on the face of
thy Sonne Iesus, which bare my
sins on his bodie on the Crosse:
turne

remove thy face therefore away
from my sins, and put out all my
iniquities, & make a cleane heart
within mee, cast mee not away
from thy presence, and take not
thy holy spirit from me, but help,
and comfort me, stablish me with
thy mighty spirit: mollifie my
heart that I may walke in thy
wayes, and not in the wayes of
error, helpe me and forsake mee
not O Lord my God, for thy
Son Iesus Christ his sake, Amen.

*A Prayer wherein a sinner asketh
forgiveness of his finnes, and de-
sireth the true armour, to be de-
fended against the enemies of his
soule, and confesseth God to be his
Saviour.*

Everlasting God, and most
Mercifull Father, I most hum-
bly

bly beſeech thee, for thy Sonne
 Chriſt his ſake to heare my pray-
 ers; and forgive me all my ſinnes,
 and from henceforth, giue me
 thy holy Angell to conduct and
 ſtrengthen mee with thy vertue,
 ſo withſtand the euill deuices of
 the world, and the appetites of
 the ſinfull fleſh, arme me with
 thy armour, the grace of thy ho-
 ly ſpirit, and mightie vertue,
 write in my heart thy holy
 word, lawes, and commande-
 ments, put vpon mee the breſt-
 plate of rightcouſneſſe, direct
 my life and conuerſation ac-
 cording to the Goſpell of peace,
 giue vnto mee the ſhield of faith,
 to fight againſt ſinne, and de-
 ſperation, the helmet of health
 vnto my ſaluation, through the
 merites of thy dearly beloved
 Sonne Ieſus Chriſt: for whoſe
 ſake

for thy sake, I poore sinner, most humbly beseech thee, that thou wilt vouchsafe to powre vpon mee thy holy Spirit, to worke in my heart, minde, and soule, that I may alwayes doe thy will and pleasure, and walke in this world, to thy honour, thou O Lord, hast made me, and giuen thy Sonne to die for my sinnes, O Father for his sake, haue mercie vpon mee, O Lord Iesus, which hast bought mee with thy precious blood, receiue mee, and haue mercie vpon mee, and be my mercifull Mediator to thy Father, that my soule may be saued, O holy Ghost, coequall with the Father, and the Sonne, haue mercy vpon mee, O Lord God, most louing, and mercifull Father, I acknowledge my selfe vnto thee a wretched sinner,

D 2

ner,

ner, yea, ſuch a ſinner as hath
needes of grace, mercy, and fa-
uour, for in thy ſight, there is no
man righteous: thou O Chriſt
art the bleſſing of God, by whom
all the Nations of the world are
bleſſed and made rich: thou deli-
ueredſt me, and thy people from
hell and damnation, thou art a
ſhield vnto me, & vnto all them
that truſt in thee, thou forgiveſt
all treſpaſſes, and healeſt all infir-
mities, thou defendeſt me, and
thy people, and bleſſeſt vs. Thou
O Chriſt, art my ſauing health &
ſanctifier: with thee is mercie,
and plenteous redemption: Yes,
thou art the true God and Saur-
our: all ſoules are thine, thou
redeemedſt me, I haue no other
Saviour but thee, I will turne
vnto thee, O Lord. turne vnto
me, I will aſke mercie of the Fa-
ther.

ther, in thy name, and I trust, I
shall receiue it, that my ioyes may
bee perfect: I beleue in thee,
therefore I shall bee saued, thou
art the way, the truth, and the
life: without thee, none can
come to the Father. Thou camest
into the world to saue me, and all
that were lost, therefore I beleue
in thee, and hope in thee, that
thou wilt raise me vp to euerla-
sting life. I beleue that thou
wilt saue me, haue mercy on me
therefore, and forgiue me my sins
O Lord, who liueth and raigneth
now and for euer, world without
end, Amen.

*A sinner desireth forgiveness of his
sinnes, and a right and true faith.*

O Lord maker of Heauen and
Earth, I confesse my selfe,
D 3 from.

from the very bottome of my heart, that I am a miserable, wretched, and abhominable ſinner; and haue wickedly transgreſſed thy godly Commandments, the ſinnes alas that I haue committed, are as innumerable as the ſand of the Sea, they beare mee downe, as an intolerable burthen: in theſe ſinnes O Lord God, haue I walked vntill this day, according to the deſires of the world, and the euill luſtes of the fleſh, but whatſoever I haue in this behalfe offended thy moſt godly Maieſtie, it ſore repenteth mee, and the fault grieveth mee to the very bottome of my heart, ſaue mee, therefore O Lord, for thy great mercies ſake, for vnto thee O God of my comfort, I wretched ſinner doe come, craving
of

of thee thy mercie, incline therefore thine cares vnto my calling O Lord, and consider the request of my heart, and grant vnto me O Lord thy seruant, the strength of thy holy Spirit, to subdue the bodie of sinne, with the lustes thereof, that it may be obedient in will and minde vnto thy lawes, for no man can helpe mee but thou O Lord, who hast brought my soule out of hell, and hast holpen me from falling into destruction, put away from me O Lord, that which is euill, for thou art holy, and saue thy seruant which euer trusted in thee. I will acknowledge I haue all my strength of thee, for thou art my hope, my portion, my God, and my Saniour. Haue mercy therefore vpon mee O Lord, and according to thy great mer-

or doe away my offences: looke
 on mee with the eyes of mercie,
 sprinkle me with the sweete Hy-
 sopo of grace, cleanse mee from
 my sinnes: wash mee and I shall
 be whiter then snow, quench
 the desire of sinne in mee, open
 my lips that my mouth may set
 forth the praise of thy holy name.
 O Christ, Sonne of God, haue
 mercie vpon me, O holy Ghost,
 giue me a new heart, and a right
 spirit to laud and prayse thee,
 turne mee wholly vnto thee O
 Lord, and take my sinnes away
 from me, O Lambe of God heale
 me, and I shall be whole: saue
 me, and I shall be saued: for thou
 O Christ, art my hope, thou hast
 taken vpon thee my distresses, and
 wast wounded for my offences:
 and wilt, I trust, pardon mee all
 my sinnes, there is no saluation
 but

but in thee, nor no other name
wherein I must be saued, but by
thee O Christ, thorow thee I
haue redemption and remission
of my sinnes, thou hast made
satisfaction for me, thou diedst
for mee and for my sinnes, and
wast buried, and rose againe, and
ascended into heauen, and sit-
test on the right hand of God, in
the glory of the Father: thou art
my Advocate and obtainest mer-
cie for my sinnes, thou art holy,
which was, is, and is to come. I
beleue that thou shalt come to
be my Iudge, therefore I beseech
thee, O Lord, let not my sinnes
loole mee, whom thou hast
bought with thy precious blood,
but haue mercy vpon me O Lord.
God holy Ghost, haue mercie
vpon mee, and worke thy di-
uine grace in me, that I may bee

faued therow my Lord Iesus
Christ, saue me O Lord, for I
beloeue that I shall see the plea-
sures of thee, in the land of the
liuing, graunt mee O Lord, a
right and true faith: forgieue mee
all my sinnes, and make me daily
more and more to walke in a
new way, and vpright life, that
I may vtterly despise all worldly
things, that I may be continent,
pure of liuing, temperate, good,
righteous, diligent in all good-
nesse, mecke, mercifull, modest,
humble, and readie to forgieue all
that offend me, and liue all the
dayes of my life, according to
thy diuine will, and true feare,
that I may die to the world, to
all sinne, and to my selfe, and
with a good confidence, and a
merry heart, looke for the com-
ing of thee, O Lord my Sani-

our Iesus Christ, to-whom with thee, and the holy Ghost, be all honour, and glory for ever, Amen.

A Prayer for a sinner, desiring God to poure his grace vpon him, who doth faithfully beleene, that God will freely forgive him his finnes.

Honour and prayse bee giuen to thee, O Lord God, for seeing whereof I stand in neede, and so blessing me with thy manifold blessings, I craue thy mercie and grace to be my guide wheresoener I goe: Receiue O Iesus, my soule and bodie into thy hands, for thou hast bought me with thy precious blood. O Lord saue mee for thy mercies sake, and be my defender all the dayes of my life. Thou art the gift of the Father to saue sinners,

And I beseeche thee, O sweet Iesu saue
 and deliuer me from all euils, bo-
 dily and Ghostly, now and for e-
 uer, that I may prayse and wor-
 ship thee in this life, and in the
 world to come: against thee O
 Lord, against thee haue I sinned,
 I confesse that all my life time I
 haue beene a sinner, and haue
 grieuously offended thee, I haue
 gone astray like a lost sheepe, and
 haue beene an vnprofitable ser-
 uant, and there is no goodnesse
 in me: but I confesse my sinnes
 O Lord vnto thee, and doe ear-
 nestly repent that euer I offended
 thee, being so louing a Father, &
 so gentle a Lord: and cry with
David, and say, haue mercie vpon
 me O Lord, according to thy
 mercies, and according to the
 multitude of thy mercies doe a-
 way my offences, waite mee
 thoroughly

thoroughly from my wickednesse,
and cleanse me from my sinnes,
for I acknowledge my faults, and
my sinnes are euer before mee.
I cry with the lost sonne, O father.
I haue sinned against heauen, and
against thee, and am no more
worthie to be called thy sonne.
I cry with the Publican, and say,
O Lord be mercifull vnto mee a
sinner. I cry with the blind, Iesu
sonne of *David*, haue mercy vpon
me: and I faithfully belecue that
thou wilt freely and mercifully
forgiue me all my sinnes, be they
neuer so many, or grieuous, if I
faithfully aske them: for by faith
I am made of the child of wrath,
the sonne of God: by faith I am
married vnto Christ: by faith my
heart is purified, Sathan over-
come, and the world vanquished,
by faith I am preserued from
damnation,

damnation, iustified, and made
righteous: by faith the wrath of
God is allwaged, and I worke
thy will O God, by faith my
prayers are heard, and requests
granted: by faith I please thee O
God, and am made the childe of
lighe: by faith I am borne a new
and made the Temple of the holy
Ghost: by faith I preuaile against
the gates of hell, & am made the
heire of thee O God, and fellow
heire with my Lord and Sauour
Jesus Christ, of thy euerlasting
glory: faith is richer then all trea-
sure, stronger then all corporall
power, and more healthfull then
all Physitions. Grant me there-
fore O Lord a true faith, and
let me cleaue to the mercifull
and comfortable promises of
thee O God, so shall I bee sure
to haue remission and forgive-
nesse

nelle of all my sinnes. I beleue thee O Lord, helpe thou my vnbeliefe, increase this my faith in mee. I most humbly beseech thee for Christ Iesus his sake, mercifully to behold mee, a most miserable sinner, and clearely to forgive mee all those sinnes and wickednesse, which I haue committed against thee from my birth vntill this present time: forgive me, O Lord, all my sinnes, for thy name sake, though they be great, and many: remember not the sins and offences of my youth, nor my former sinnes but according to thy mercy thinke vpon me O Lord, for thy goodnesse sake: and haue mercy vpon me, and that right soone: helpe me O God of my saluation: O deliuer me, and be mercifull vnto me a sinner, for the glorie of

of thy name sake. So shall I giue thee thanks for euer, and magnifie thy blessed name, world without end, Amen.

A very godly Prayer with many Petitions.

O Lord powre downe thy heavenly grace and fatherly fauour vpon me, that I being assured of thy fauourable goodnes toward me, may reioyce and glory in thee: vouchsafe O sweet Father, to send thy holy Spirit vnto me, which may make mee a new creature, put away from mee all fleshly lustes, fill my heart with new affectes, and spirituall motions: and thorow his godly inspiration, renew me both in body and soule, that I may die vnto sinne, and liue vnto thee in

newe

newnelle of life, seruing thee in
holinesse, and righteousnesse, all
the dayes of my life. O send thy
wisedomme out of thy holy hea-
uens, and from the throne of thy
Maiestie, that thee may bee with
mee, and teach me thy will, and
what is acceptable in thy sight,
conduct me rightly in thy works,
and preserve me in her power,
remoue from me O heauenly Fa-
ther, my lewd, stubborne, and
unfaithfull heart, and create in me
a cleane, and godly heart, cleanse
from mee all wicked thoughts:
breath into my heart through
thy holy spirit, godly and spiri-
tuall motions, that I may bring
forth good workes, to the prayse
and glory of thy holy name:
gratue mee O Lord, a quiet
minde, and contented conscie-
ence: free mee from the dam-
nable

nable accusations of Sathan, from
the craftie perſwaſions of the
world, from the ſubtile entice-
ments of the fleſh : giue vnto me
the precious gift of faith : giue
me Chriſtian loue, and perfect
charitie, that I may loue thee
my Lord and God, with all my
heart, with all my minde, ſoule,
and ſtrength. Let me loue my
neighbours as my ſelfe: giue me
grace patiently to ſuffer my ene-
mies : to forgiue and pray for
them. Take from me all pride,
& haughtineſſe of mind, graſt in
me true humility: giue me grace
to be mercifull, and liberall to all
that haue need: preſerue my ſoule
from all vice, and my body from
ſickneſſe: make mee able with
ſtrong faith to reſiſt Sathan,
with ſeruent Prayer, to mortifie
the luſts of the fleſh: with medi-
tation

ration of thy holy law, to annoyd
the vanities and pleasures of this
wicked world: suffer mee not to
be overcome of Sathan, nor his
servants, but grant me a strong
faith to overcome them: send
thy heavenly Angels to pitch
their tents about me: and deli-
ver mee from their tyrannies.
Make mee of that number O
Lord, whom thou hast ordained
to be saved: place mee among
thy sheepe: write mee in thy
booke of life, graunt mee these
petitions, and whatsoever else is
needfull for mee, O most merci-
full Father, for thy deare Sonne
Iesus Christ his sake, to whom
with thee and the holy Ghost, be
all honor, and glory, world with-
out end, Amen.

A Prayer for grace and remission of sinnes.

O Almighty God, and Father of our Lord Iesus Christ, the God of all comfort and consolation, haue mercy vpon me, heare my Prayers, I most humbly beseech thee, for thy deare Sonne Iesus Christ his sake, for his merites, and the cruell death hee suffered to deliuct mee from eternall death: send into my heart the spirit of truth, to worke in me a true, stedfast, and liuely faith: that the brightnesse and clearenesse of thy Gospell, may shine in me, & lighten my mind, that I may vnderstand the vnspokeable riches of my redemption, in, and by Christ: open the eyes of my minde, that I may know what the hope is whereun-

to thou hast called me : and how
rich the glory of thine inheritance
is : that by true faith, I may be an
vnfained professor of thy holy
name, and worship thee in spirit
and truth. Write in my heart the
loue of thy Law, and hate to all
sinne : be mercifull vnto mee, I
heartily beseech thee, most merci-
ful Father, for thy Christ his sake,
and for his deaths sake, thy mer-
cie, truth, and promise sake, haue
mercie vpon mee, pardon and
forgiue me all my sinnes, iniqui-
ties, and offences, whatsoeuer I
haue committed against thee, in
thought, word, or deede, at any
time heretofore by any meanes.
Though I be poore, my Christ is
rich : though I be a sinner, he is
righteous : though I be vnpure,
yet he is pure and holy : for his
sake therefore, be mercifull vnto
me :

me: wash me from my filth and wickednesse, cleanse me from my euill: forgie me my sinnes: forget my iniquities, powre out thy holy spirit vpon me, write thy law in my heart, graue it in my mind, giue me the spirit of prayer: make me diligent and happie in the workes of my Vocation: take into thy custodie and gouernance for euer, my soule, and my bodie, my life, and all that euer I haue. Tempt me neuer further then thou wilt make mee able to beare: and whatsoever thou knowest I haue need of in soule or bodie, deare God and gracious Father, vouchsafe to giue me the same: and as thy childe guide me, so that my life may please thee, and my death prayse thee, through Iesus Christ my Lord. For whose sake I heartily pray thee

godly Prayers.

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thee to grant mee these things
thus asked, and all other things
necessary for my soule and body:
and graunt vnto me poore crea-
ture, thy blessings and holy spi-
rit, to sanctifie me and dwell in
me as thy deare childe: to keepe
me this day and for euer from all
sinnes and euill, to thy eternall
glory, and my euerlasting com-
fort, & the profit of thy Church,
which mercifully maintaine, che-
rish, and comfort: keepe mee in
thy truth, powre vpo me O Lord
thy holy spirit of grace and wise-
dome, to gouerne and lead my
body and soule in thy holy word,
and Commandements: shew thy
mercie vpon me, and so lighten
the natural blindnes of my heart,
that I may daily bee renewed by
thy holy Spirit. Open my hard
heart, & grosse eares, to reade thy
word,

word, heare thy heavenly voyce,
 and beleue and follow it in my
 life and conuersation, and ever
 hold fast that blessed hope of e-
 terlasting life: mortifie and kill
 all vice in me, that my life may
 expresse my faith in thee: mercifully
 heare the humble supplication
 of thy seruant, and grant me
 thy peace all my dayes: for Christ
 his sake, be mercifull vnto mee:
 cast all my sinnes out of thy sight,
 pardon my infirmity, and defend
 me in all dangers, both outwardly
 in my body, goods, and name,
 and inwardly in my soule, a-
 gainst all temptations and sub-
 till paytes of Sathan: grant that I
 may truly and godly serue thee:
 increase in me true Religion, re-
 plenish me with all goodnes: and
 of thy great mercie keepe mee in
 the same vnto the end, give vnto

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to me the spirit of prayer, true humilitie, perfect patience, and continuall ioy in the holy Ghost; and for as much as I must be at warre with many enemies, grant mee grace, and arme me with thy defence, that I may stand with an inuincible constancie against all corruption, wherewith I am compassed on all sides, vntill such time as I hauing ended this combat, which during life I must sustaine, I may in the end, attaine to thy heavenly rest, which is prepared for me, through Iesus Christ my Lord and Sauour, Amen.

Another Prayer, for remission of sinnes.

O Eternall God, behold me a poore and sinfull creature, and a worme of the earth: against
E thee

thee O holy Father, against thee
haue I sinned: gracious God, cast
not away a contrite and penitent
heart, humbly calling vpon thee,
but turne thy eyes of mercie to-
ward me, and forgine me the sins
of my youth: cast me not away,
nor take not thy holy spirit from
me, but giue me the comfort of
thy helpe, and stablish me in thy
truth, keepe me thy poore crea-
ture, and destroy me not because
of my iniquitie, but be mercifull
vnto me, for thy Son Iesus Christ
his sake: let not thy heauie hand
of Iustice destroy mee, neither
leau me in my sinnes, pittifull
Father, euen of thee which art the
God of mercie, I wretched sin-
ner, doe aske mercie and forgive-
nesse of all my sinnes: therefore
for the glory of thy name deliuer
me from sinne, and forgine me

all my sinnes: for as thou art God,
 so art thou gracious & mercifull,
 and wouldest that none should
 perish, but all should be saued.
 Spare me O Lord, and for thy
 name sake, forgiue mee all my
 sinnes, and put out of thy sight all
 my offences: giue mee a newe
 heart, and take from me all wic-
 ked desires, that I may euermore
 liue according to thy will: giue
 vnto my eies good store of light,
 that I sleepe not in death, and
 that my sins preuaile not against
 me: worke in me O holy Spirit,
 that I may euer desire and couet
 that which is most pleasant and
 acceptable in thy sight: and that
 I haue no desire, to will or not
 to will, but as thou wilt. O God
 most holy, mightie, and mercifull
 in thy good will, be mercifull vnto mee,
 and cast me not off in my age:

forlake me not, nor shut not thy
eares from my prayers : but bee
mercifull vnto me, and forgiue
me all my sinnes. Most deare and
blesſed Sauour, comfort the
ſoule of thy ſeruant, for vnto thee
doe I liſt vp my heart and mind:
ſhew me thy mercie, and grant
me thy ſaluatiō, early in the mor-
ning will I cry vnto thee, for thou
art good & gracious, and of great
mercie to them that call vpon
thee: deliuer me from among the
wicked, that I may giue thanks
vnto thy holy name : make mee
to vnderſtand thy truth, knit my
heart vnto thee, that I may feare
thy name. Turne thee vnto mee
and haue mercie vpon mee, and
giue mee thy helpe and ſuccour.
Heare the prayer of thy ſeruant,
hide not thy face from me: but
haue mercie vpon me. I will ſing
w

way call vpon thy name, be thou present with me, and forsake mee not, but in the day of iudgement, vouchsafe ô blessed King to place me among thine elect, and holy people, that I may behold the glorious countenance of thy diuine Maiestie, and be filled with the exceeding sweetnesse of thy blessed presence, which is life euerlasting: grant this for thy mercies sake, Amen.

A Prayer for true Repentance.

O Lord God which art full of mercie, and compassion, long suffering, & of great goodnesse, which continuelt thy mercie for thousands, taking away iniquitie, sinnes, & offences, thou callest after thy wonted mercy by thy word to repentance, & hear-

tic conuersion: for vnto all and euery one is repentance and forgiveness of sinnes preached in thy name. I acknowledge the riches of thy lenity, patience, and long suffering, in that thou doest not suddenly take away sinners from the earth, nor ouerthrowe them in their wicked deedes doing, but giuest them a space to repent, which is a most notable argument that thou wilt not the death of a sinner, but that he be conuerted and liue: for thou art mercifull ouer all, and forbearst the sins of men for their amendment: thou louest all things that are, and hatest nothing that thou hast made: therefore vnto thee O most mercifull God, doe I cry, which knowest the hardnesse of my heart, and that I haue no power of my selfe to rise vp:
Con-

Conuert mee therefore O Lord,
and I shall be conuerted. O shew
me my offences, that striking my
thighes, I may be heartily sorry
for my sinnes committed: heale
me O Lord, and I shall be whole:
saue me and I shall be saued, for
thou art my prayse: hehold me a
sheepe, wandring, and readie to
perish: seeke thy seruant O Lord,
that I forget not thy Comman-
dements. O Iesus Christ looke
vpon me with the eyes of pittie,
as thou lookedst on the sinnefull
woman in the banquet, which
prostrate at thy feete, did bitterly
bewaile her wickednesse: fauour
me as thou didst the Publican,
who standing a-farre off in the
Temple, and striking his breast,
sayd, Lord be mercifull vnto mee
a sinner: grant that among the
feares, and terrors of conscience,

I may take hold of thee by a liuely faith, which haſt redeemed me from the curſe of the law, and art made for me wiſedome, righteousneſſe, ſanctification, and redemption: keepe mee O Lord from deſperation, and let me flie to thee my mediator, and through faith haue peace with God. Reſtore me in the light of thy law, that from my heart I may obey thee my Redeemer, and walke in newneſſe of life: thou which haſt ſuffered for me in the fleſh, giue mee grace that likewise in the ſame minde I may be armed for the mortification of the fleſh, that I liue not after the luſtes of men, but after the will of God. I am ſorry that I haue ſpent the time of my life that is paſt in wantonnes, in luſtes, in excellie of eating, and drinking, and other ſins and wickednes

kednes : mollifie my heart, that I may earnestly repent all my former sins & offences, and for thy most deare mercies sake, O Lord, forgiue me the same: keepe the Deuill vnder, that he trouble not my conscience with reckoning vp of my sins, or extenuating thy mercie: but grant me truely to come vnto thee by hearty repentance: and that I may at all times, and in all places, lifting vp pure hands, pray vnto thee, and say, Lord forgiue me all my sins and offences: and with deepe sighing, and sure confidence, continually persist in making my prayers, supplications, intercessions, and giuing of thanks for all thy temporall and heauenly benefits & blessings bestowed vpon me. Heare O Lord, both now, and euermore all my prayers, and grant my requests,

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quests, for Iesus Christ his sake,
 who liueth and raigneth with
 thee in the vnitie of the holy spi-
 rit, a God now and for euermore,
 Amen.

*A Prayer for the remission
 of Sinnes.*

O Mercifull God, if I wretch-
 ed sinner, had not promi-
 ses in the holy Scriptures, of thy
 tender mercies, for the comfort
 of my weake conscience, and sor-
 rowfull heart, I should haue no
 remedie (my sinnes are so great)
 but must despaire. But though
 my sinnes were neuer so many
 and abhominable, yet thy louing
 kindneses, are more innumera-
 ble, and thy mercies more in-
 finite, thou wilt not the death
 of a sinner, but that hee turne
 and liue : thou camest into the
 world

world to call sinners : to saue offenders, to seeke that was lost, to ease those that were loden with sinne. O put my euill thoughts out of thy sight, wash me & make me cleane, make me leaue to doe euill, & learne to doe good: apply my selfe to equitie, assist the oppressed, helpe the fatherlesse, heare the widdowes, and let my scarlet sinnes be made as white as snow, and my purple offences, like pure white wooll. Cast my misdeedes behind thy backe, & neuer more remember them, forgiue me my sinnes, heale my infirmities, saue me from destruction, & crowne me with mercy and louing kindnesse: deale not with mee according to my sinnes, nor reward me after my wickednes. Looke how wide the East is from the West, so far hast thou set my sinnes from
me,

me, as a Father pittieſh his owne children, euen ſo art thou mercifull to them that feare thee, thou knoweſt we are as graſſe, and as a flower of the field, which ſoone fadeſh away, but thy mercifull goodneſſe endureth for euer.

O moſt gentle Sauour, thou art my louing Shepheard, which haſt ſought me running aſtray, layd me on thy mercifull ſhoulders, & brought me home to the cōpany of the faithfull. There is no whole part in my body, from the ſole of the foote, to the crowne of the head, but all is wounds, ſores, and ſtripes, which can neuer be bound vp, mollified, and eaſed, except thou O Lord helpe me, O Lord make cleane my wounds, powre the Wine, and Oyle, of ſpirituall gladneſſe into them, binde them vp, make them perfectly whole,
and

and bring me into thy euerlasting habitation: heale me, and I shall be whole: saue me, and I shall be saued: O Father receiue mee home, embrace me in thy armes, fauour me, that hath vngodly and lewdly bestowed thy godly and vertuous gifts: which prodigall liuing greatly grieueth me, and I am most heartily sorry, that I haue so haynously offended against thee, I most humbly beseech thee to haue mercy vpon me, forgiue me my sinnes, and receiue me into thy fauour.

Take from mee the ragges of impietic, and cloath me with the garment of innocency, & put on mee the shooes of peace, that I may walke in the wayes of thy holy Commandements, and giue me grace vnfaignedly, to repent and amend my life, that the Angels,

gels in heauen may reioyce at my
 conuersion, wash me more and
 more from my sinnes, that I may
 be cleane, and appeare beautifull
 in thy glorious light, and rest for
 euer in thy heauenly Mansion,
 Amen.

*A Prayer for blessings, and
 forgiveness of our
 sinnes.*

O Heauenly Father, I beseech
 thee giue me grace to flie
 from all sinne, drunkennesse, and
 gluttony. as from beastly vices
 and pestilent pestilences, and vse
 thy good creatures soberly, tem-
 perately, and thankfully, keepe
 me from fulfilling the lusts of the
 flesh, let me watch & pray, that I
 fall not into the snares of the De-
 uill, & liue soberly, watch warily,
 pray

pray continually, looke diligently for the comming of my Sauour, that I may be ready to enter with him into euerlasting glory. O Sauour giue me grace to visit the sicke, and prisoners, comfort the fatherles, feed the hungry, cloath the naked, lodge the harbourlesse, and doe those things which are most acceptable in thy sight.

I confesse and acknowledge vnto thee my sinnes and offences, my transgressions are infinit, as the sand of the Sea. I haue departed from thee, and haue not kept thy commandements, as thou hast commanded me, giue mee thy righteousness, and forgiue me all my sinnes: Finally, I beseech thee most mercifull Father, deliuer me from this euill world, humane feare, and all infirmities of the
flesh

flesh and mind, from false Prophets, bad brethren, and lewd persons: Defend mee from the hands of mine enemies, from all euils, present, & to come, both in soule and body. Giue me grace to serue thee in good workes, & for thy name sake, deliuer me frō all euill. Arme me with thy holy armor, weapon me with thy blessed Word. Instruct me by thy holy spirit, that I may serue thee in holiness, and righteousness all the dayes of my life: breake the bands of my sinnes, shake them out of thy sight, fully forgiue me all my offences, and let me possesse the inheritance of thy heauēly Kingdome. To thee O Father, creator, protector, gouernour, and defender, and to thy beloued Son Iesus Christ our Peace-maker, Mercie-seate, Redeemer, Iustifier, and
Aduocate,

Aduocate, and the holy spirit our
Sanctification, Wisedome, Tea-
cher, Instructor, and Comforter,
be all dominion, power, and glo-
ry, for euer and euer, Amen.

*A very feruent Prayer for remission
of sinnes, and many good
Petitions.*

GRant me most gracious God
thankfully to acknowledge
thy great mercy, make me in-
crease in repentance, faith, pray-
er, in contemning the world; in
heartie desiring life euerlasting,
and thy blessed presence. Graunt
me (O most gracious Lord)
thy holy and sanctifying Spirit,
that I may heartily and faithfully
pray vnto thee with a pure and
cleare mind, with an humble and
lowly heart, accept me into thy
fauour, write thy law in my heart
and

and ſo worke in me, that I may
belecue in thee, feare thee, loue
thee, obey thee, and ſerue thee,
as thou requireſt. O louing Lord
forgiue me my vnthankfulneſſe,
and all my finnes. O Father aſſure
me of my euerlaſting ſaluation in
Chriſt, reueale thy truth vnto me,
confirm, ſtrengthen, and ſtabliſh
me in the ſame, that I may liue as
a veſſell of thy mercy: endue me
with the ſpirit of wiſedome, keepe
me that I follow not the counſell
of the wicked, walk not in the way
of ſinners, nor fulfill the luſts, and
deſires of the fleſh, guide my luſts
and conſult me, that I may doe
 thoſe things that pleaſe thee, and
hate thoſe that offend thee, faſten
me & plant me ſurely in the land
of the liuing, and let me not bee
caried away with vehement blaſts
of the wicked world, direct & or-
der

der my paths, that I may walke in thy wayes. Arme me with patience, and assist me with thy holy spirit, that I may shake off the bonds of the wicked, & cast away the yoke of sinne, & impietie, so guide me that I may alwayes serue thee in truth and verity, and in true faith obey thee, I beseech thee receiue me vnder thy blessed safeguard, be my buckler, giue me thy succour, that I may walke in thy truth before thee, & reioyce only in thee. O Lord heare me, lamentably calling vpon thee: O Christ which art my righteousness & innocencie, comfort me in all aduersitie. Heare me mercifully when I call vpon thee, make me liue in awe of thee, and euermore be afraid to offend thee, or sinne against thee, giue me the light of thy countenance, and let me feele and taste thy

thy fauourable goodnesse. Grant mee peace and tranquillitie, firme hope, and stedfast faith in thee. Haue compassion on me, for I am sore vexed: heale my soule, helpe me, and deliuer me from all my sinnes: for thy mercies sake heare my lamentable voyce, heare my sorrowful cry, grant my petitions cōfound my enemies, deliuer me from all inconueniences, free me from all grieve and heauinelle: grant I be not ouercome with the deceipts of the wicked, lighten mine eyes, that I may rightly discern thee, & walke constantly in the way of truth, through a stedfast faith. O Lord God consider me, regard me with the eyes of thy mercy. Keepe me from sinne, & sinners, let my heart reioyce in thy saluation, that I may sing praises, & render thanks vnto thee for
tha

that thou hast deliuered me from
all my sinnes, and transgressions,
free me from all impiety, & igno-
rance, that I may earnestly seeke
thee, keepe me as the Apple of
thine eye: defend me vnder the
shadow of thy wings, and satisfie
me with the desire of thy glory:
shew me thy way, teach me thy
pathes, deliuer me from all vn-
godlinesse, wipe out all my sinnes
and offences, and clearely forgiue
me all my misdeeds, for thy most
deare mercies sake, Amen.

*A most godly Prayer for repentance,
and life euerlasting.*

O God almightie, that hast
created me of nothing in
the celestiall forme of mankind:
& by thy holy word gouerned, &
taught me to know, confesse, ho-
nour, and serue thy omnipotent
Maiesty,

Maiestie, so, as where I was farre from thee by sin, I am now by thy grace brought nere thee, and reconciled to thy fauour as a sonne. Therefore as one enuironed with many sorrowes, perils, wretchednelle, and calamities, amidst the swarms of innumerable enemies that seeke to spoyle me : I call for thy helpe, which art the only sure and inuincible fortresse, wherein I may be saued. O Father stretch forth thy mightie hand, and giue me a ioyfull victorie against the power of the malicious enemies that would spoyle me : from the bottome of my heart I cry vnto thee to saue me, & for the loue of thy deare sonne, deliuer me from all sin, & the power of darkenelle, and by thy holy Spirit lead and guide me in the light and pathes of thy most glorious & heavenly grace,

grace, that in this short and transitory life (beset round with many stormes, perils, and decays, to perdition) I may alwayes cleaue fast vnto thee, and vtterly despising all earthly pompe and vanitie, I may possit vnto the Port of perpetuall peace and safety, there to possesse the triumphant and eternall ioyes which are prepared for thine elect.

Open the eyes of thy fatherly pittie I beseech thee, and giue me grace earnestly to repent my misdeeds, put away my sins, and forgive me all mine offences: renew whatsoeuer is decayed in me, either by the fraud and deceit of the deuill, the vanities of the world or my own carnall will & frailtie, let me put my whole trust in thy mercy, impute not my sinnes vnto me, but take me into thy fauour,

uour, and blessing. Strengthen me with thy holy spirit, poure vpon ~~me~~ the manifold gifts of thy grace, the spirit of Wisedome, Truth, Meekenesse, Loue, Peace, and Patience, that I may liue here in this life godly and virtuously, die in thy faith and feare, & raigne with thee in the world to come in euerlasting glory, Amen.

*A Prayer of thankesgiuing, and
for remission of sinnes.*

O Almighty and eternall God our gracious and mercifull Father, all prayse, honour, & glory be giuen to thee. O let mee extoll and prayse thy name for euer & euer, for thou hearest my Prayers, grauntest my requestes, & abundantly pourest thy graces and benefits vpon me, thou choolest me before all eternities, write
my

my name in thy booke, and made
me fellow heire of thine euerla-
sting kingdome, I will praise thee
for creating me after thine owne
similitude & image, in wisdom,
innocencie, holinesse, and righ-
teousnesse, little inferiour to the
Angels: for redeeming my soule
and bodie from destruction, for
forgiuing me my sins, and deliue-
ring me from death euerlasting,
I thanke thee for that precious
Iewell of thy sacred Word, for
teaching and comforting me, for
preseruing my soule & my body
in health, peace, & liberty, for the
vse of thy good creatures, both
for my necessitie and delight, for
foode to nourish me, apparell to
cloath me, the benefit of rest to
refresh me. O gracious God, giue
me thy speciall grace, that I may
morning and euening, and at all
F times

times prayse and highly magnifie thee, and euer offer this sacrifice, euen the calues of my lips vnto thy heavenly Maiestie: sanctifie my senses to thy honor & glory, charge thine angels to pitch their tents about me and saue me. Giue me power & strength against Satan, sinne, iniquitie, and all vngodlinesse, & let me neuer more offend thee: blesse my endeouours, the beginnings and issues of all my affayres, fill my heart with thankfulnesse to thee, and charitie to others, protect mee in all places, defend me from all dangers, and let thy blessings be with me wheresocuer I become. O Lord grant mee grace still to prayse thee, & euer hartily to pray vnto thee, good Lord heare mee, and freely forgiue me all my sinnes for Iesus Christ sake: To whom

with thee and the holy Ghost, be
all prayse, thanks, honour, and
glory, now and for euermore, A-
men.

*A very deuout Prayer for Repen-
tance, and all other things
whatsoeuer needfull, and
life everlasting.*

O Most mighty God of angels
and men, whose wisdom is
infinite, & iudgements vnsearch-
able, heare the prayers of thy ser-
uant, and giue care to the humble
petitions of thy poore creature,
O let me incline my soule vnto
thee, and set my eyes vpon thee,
turne thy anger away from me,
and let me finde fauour in thy
sight. Heale my soule that hath
sinned, free me from my trans-
gressions, plucke me from my
offences, for I acknowledge my
faults,

F 2

faults, and am sorry for my sins.
Pride and arrogancy hath beguiled me, foolish boldnes overtaken me, and my owne counsels and deuices misled me, thou hast counsell'd me, and I followed it not, thou didst strike me, and I regarded it not, thou didst correct me, and I receiued not thy discipline: haue mercie vpon mee O Lord, haue mercy vpon me, I most humbly beseech thee, heare my praier, forgiue the sins of my youth, and turne thy displeasure from mee. Come vnto me O Lord, and saue me, destroy not my soule whom thou hast so mightily redeemed, but arise and deliuer me, saue me for thy mercies sake: grant me sorrow for my sinnes, & a fountaine of teares for my offences, that I may daily bewaile my iniquitie. Let my prayer enter into thine

thy presence, and my cry come vnto thee: helpe me in my troubles, heare my prayers, and freely forgiue me all my sinnes. O God almightie, behold me thy vnworthy seruant, giue me thy holy spirit, feruently to desire thy Kingdome, acknowledge thy will, and worke thereafter: giue me wisdom, constancie, patience, and strength in thee, let thy mightie arme preserue me from the inuasion of the Deuill, the cursings of euil tongues, the malignity of the wicked world. Giue me grace to repent my misdeeds, be lorry for my sins, and penitent for my offences. Make me loue iustice, hate wrong, and abstaine from euill: take care of my soule, forgiue me my sins, and saue me thy seruant. Giue me what thou wilt, as much as thou wilt, and when thou wilt,

doe with me as thou wilt, put me
where thou wilt: and in all things
rule me as thou wilt: grant mee
grace to despise worldly vani-
ties, mortifie carnall affections,
and giue my mind wholly to hea-
uently Meditations: assist me with
thy grace, strengthen me with thy
heauely power, comfort me with
thy holy Spirit, that neither my
cruell enemy, my wretched flesh,
or subtile spirit, haue domination
ouer me. Deliuer me ó Lord I be-
seech thee, from the cares of this
world, keepe me from bodily ne-
cessities, let me not be overcome
with voluptuous pleasures of the
world, the allurements of the flesh
or instigation of the Deuill. Let
not flesh & blood overcome me,
the world with his vaine glory de-
ceiue me, nor the fiend with his
manifold crafts supplant me, but
give

giue me ghostly strength in resisting them, patience in suffering them, and constancie in persecuting to the end. Giue me, for worldly delights, the sweet consolation of thy holy Spirit; for fleshly loue the feruent loue of thee, and thy heavenly wisdom, that I may seeke thee, find thee, and aboue all things faithfully serue thee: In temptation strengthen me: in tribulation succour me, & from all my enemies, both bodily & ghostly, freely deliuer me. Giue me grace to despise all worldly things, all motions of sinne, and let no vanitie deceiue me. End (O Lord) my miseries, deliuer me from the bondage of sinne, & grant me a full sight and contemplation of thy glory, thorow Iesus Christ our Lord and Saviour, Amen.

A Prayer or meditation, whereby the contemplation of light and darknesse is stored up, with a remembrance of the shortnesse of our life, and for life everlasting.

AS my body, O Lord, is compassed with thy blessed light so let my mind with thy heavenly light be illuminated, and as thou giuest me corporall light, so I beseech thee giue me spiritual light, for sure I belecue my body shall be as cleare as the Sun, in the day of iudgement, and as the Sun riseth in the morning, is highest at noone, & in the euening draweth downward, so my life, & al things in this world (how glorious soeuer) being at the highest, decrease & weare away: grant me therefore (O God) a quiet and contented mind, which is most like thy holy

ly nature. And as houses are ordained to keep vs from the iniury of weather, crueltie of beasts, disquietnes of the people, & dangers of the world, so grant most gracious father, that my body may enter inter thy heauenly Mansion, wherein my body and soule may haue rest, peace, & ioy euerlasting. Oh take from me this vaile of sin, and let me haue euer cleare light in my minde, & as I am not sorry when the sun goeth downe, so let me reioyce in death, whereby I come to thy heauenly habitation. Thou which art the Author of light, take away the dimnesse of the mind, and let me see clearely, let thy Word be a Lanthorne vnto my feete, and a light vnto my pathes: as after the day I giue my selfe to rest in the night, so most meek Father, gouerne, & prepare

F s me,

me, that after this life, I may rest
 & liue with thee in eternall glo-
 ry. Nothing is so like life as day,
 nothing so like death as night,
 nothing so like the graue as the
 bed, and as I feare not to enter
 my bed, and sleepe, so let me not
 feare to die, but prepare my selfe
 for it, that after the temptations,
 troubles, and tempests of this
 world be ended, I may enioy that
 heauenly, pleasant, and delectable
 rest, that is prepared for thine e-
 lect, which graunt me sweet Fa-
 ther, for thy Sonne my Sauour
 Iesus Christ his sake, to whom
 with thee and the holy Ghost, be
 all honour and glory, Amen.

*A Prayer to spend our life so, as we
 may liue in Heauen eternally.*

DEARE Father, God of heauen
 and earth, I miserable & sin-
 full

full creature, do prostrate my selfe
before thy Maiestie, desiring thee
from the bottome of my heart to
be merciful vnto me, & though I
am not worthy to receiue the least
fauour of thee, and from thee, yet
of thy fatherly care ouer me, thou
giuest me thy blessings abundant-
ly, yet my weake nature is such, as
I forget from whence these good
graces flow, & am no way thank-
full for the same, but like the gur-
mundizing Glutton, continue in
my vaine desires and worldly
pleasures, which in a moment
shall vanish, endue me therefore
most deare Father, with thy holy
spirit, and giue me grace to spend
the short Pilgrimage of my life,
wholy in thy testimonies, that I
may ioy in the seruice of thee, &
continually be carefull to please
thee, so that when thou shalt mow

vp the roote of this transitory life,
 I may be ready like the wise Vir-
 gins with my lamp burning, that
 so passing from this darke vale of
 misery, I may be receiued to thy
 bright ioy and euerlasting habi-
 tation, Amen.

*A Prayer to God to take care of vs,
 preserue vs, and forgine vs our sinnes.*

O Father that mad'st the light
 lighten mine eyes, that I
 sleepe not in death, & let not my
 enemies, or sins preuaile against
 me, driue from me the darknes of
 ignorance, & illuminate me with
 thy holy spirit, that I may despise
 the deceitfull delights of this
 world, & earnestly strue for the
 true ioyes of heauen, that I may
 hartily forsake all trāsitory things,
 and endeuour to attaine things e-
 ternall, preserue me from the af-
 af-

faults of the deuil, keepe me from
all sinne, & deliuer me from sud-
daine death, grant me solace in
tribulation, assistance in tempta-
tion, & after death saue me from
condemnation. I beseech thee, &
from the bottome of my heart in-
treate thee, to direct mee in the
way of thy commandements, that
I may begin, continue, & end my
life to thy glory, and the saluation
of my soule: keepe me from sinne,
restraine me from iniquitie, coole
the heat of my concupiscence that
raigneth in mee, let me leade the
remnant of my life in thy feare,
and loue, direct my heart, bodie,
senses, speeches, and actions, in
thy law, and workes of thy Com-
mandements, that leauing the de-
lights of this world, I may thirst
for thy kingdom. Curbe the deuil
that he hurt me not, grant me thy
mercy

mercy, & forgiue me my sinnes. Furthermore, O Lord, giue mee puritie of heart, austeritie of the flesh, mortification of my appetites. Watch my eyes, and bridle my tongue, let me desire nothing but thee, and be euermore mindfull of thee. Giue me humilitie of heart, patience, obedience, meeknesse, charitie, constancie, and endue me with thy heavenly grace, and Christian goodnesse, Amen.

*A Prayer for the ayde and protection
of God in our assayes.*

Omnipotent & eternal God who art the life, the way, and the truth, behold I walke among the temptations of the Deuill, the snares of the world, and frailtie of the flesh: open, therefore O Lord, my eyes, be thou my guide
and

and conduct me aright, be in my way, O Lord, my succour and solace, in heate a shelter: in cold, a garment: in wearinesse a rest: in shipwracke, a haven: guide me in thy paths, & teach me thy wayes, beat me downe and humble me, that I trust not in terrestial things, but crect my spirit & mind to heauen, and thereto fasten my hope, direct my intent to that end, and let me so liue on earth, as I may be receiued into thy euerlasting kingdom. Grant that I may learne so to rest in thee, and trust in thy blessings. that I may abstain from all euil, look after celestiaall riches, and learne to be content with what it shall please thee to bestow vpon me. Lord haue mercy vpon me, and heare my prayers, turne my sins from thee, & saue me for thy mercies sake, there is no man
can

can heale me, nor deliuer my soule, but thou, O Lord. My destruction commeth of my selfe, my hope and saluation standeth only in thee, in the time of reconciliation heare me, in the day of death deliuer me, & for thy mercies sake haue mercy vpon me: be mercifull vnto me, which haue none but thee to helpe mee, destroy me not because of mine iniquitie, nor be no longer angry with me, let my prayers ascend vnto thee, and be thou my health and saluation: I acknowledge I haue many wayes from my youth hitherto most grieuously offended thy diuine Maiesty, for which O God be mercifull vnto me a most wretched sinner, forgiue all that is past, saue and defend me from all euill hereafter, confirme me in a godly life, to the honor and glory

ry of thy blessed name, Amen.

A very good Prayer, for forgiveness of sinnes.

O Celestiall Lord, omnipotent and eternall Father, I blesse thy diuine Maiestie, I prayse thy infinit bounty & mercy, I magnifie thy eternal wisdom & truth, which with thy mighty hand hast euer defended me from all perils, dangers, & enemies: comfort me, cherish me, maintaine me, and for euer hereafter defend me, that my mouth may set forth thy glory. Prayse the Lord, O my soule, I will praise the Lord, & all my life sing prayses vnto his holy name. Preserue and defend my soule & my body from all perils, preserue me from worldly slanders, drive mine enemies from me, guard & protect me that I neuer offend thee

or

or with my sins grieue thee, early
in the morning let me seeke thee,
in the euening let me prayse thee,
& be euer carefull to please thee:
punish me not according to my
sins, but be mercifull vnto me for
thy great goodnesse and mercies
sake. Reproue me not, O Lord, in
thine anger, nor chastise me in thy
wickednes: shew me thy mercy, &
grant me thy saluation, free mee
from thine anger, deliuer me from
sudden death, & saue and keep me
from eternall damnation. Grant
that I may so follow holines at my
life, that thy glory may shine in
my good works, & that I may en-
terprise nothing, but that which
shall be to thy prayse and glory:
Exempt me from the world, & all
filthinesse of the flesh, keepe me
so diligently, that I may follow
true goodnesse & pietie. Grant I
may

may apply my heart vnto thee,
 purge it from all immunditie and
 filthines, make me abstaine from
 all euill deeds, deceits & crueltie.
 Deliuer me from sin, wickednes,
 and all euill, send thy holy Angel
 to guide me in my doings, and
 keepe me in thy wayes, that I may
 not doe, thinke, or will any thing
 contrary vnto thy holy will and
 commandements: let me sing &
 reioyce before thee, worship and
 serue thee, & come into thy pre-
 sence with mirth. Thou madest
 me: I am a sheepe of thy flocke,
 remember not O Lord the igno-
 rāces of my youth, but according
 to thy great mercy be mindfull of
 me, turne my wailing into ioy, cut
 my sacke of sorrow into pieces, &
 cloath me with celestiall gladnes,
 that I may sing to thy glory,
 world without end, Amen.

*A good Prayer for a sinner, and for
Gods grace to keepe him from sins,
and grant him life everlasting.*

O Lord let thy graces spring
in my heart, suffer me not to
perish with the vngodly, direct
me with thy rule of Iustice, make
plaine thy way before me, least
the wicked spirit put me out of it.
Defend me with thy grace as a
shield, gather me vnder thy wings,
& keepe me safe among the fea-
thers, send thy truth and light to
lead me, & bring me to thy holy
dwelling. O my soule, trust in the
Lord, he is my God & my helper.
Haue mercie vpon mee O Lord,
thou God of all things, haue re-
spect vnto me, send me thy feare,
and bestow on me thy mercie.

Awake O my soule, and stand
vp from death, that Christ may
lighten

lighten thee with the beames of
his mercy : shew me the way that
I shall walke in, and deliuer me
from mine enemies, for I flie vnto
thee. Teach me to do those things
that shall please thee, let mee put
my trust in thee, and haue mercy
vpon me, looke vpon my aduer-
sitie and misery, and forgiue mee
all my sin. O keepe my soule and
deliuer me, and let me neuer be
confounded, but be mercifull vn-
to me, and haue mercie vpon me,
watch (O my Soule) for thou
knowest not when the Lord will
come, watch & pray O my soule,
that thou enter not into temptati-
on, watch (O my Soule) fast, and
pray, and be strong in faith : set a
watch O Lord before my mouth,
and keepe the doore of my lips,
and let not my heart be inclined
to euill. O keepe me in thy pathes
that

that my foot-steps slide not, heare
me, & haue mercy vpon me, knit
my heart vnto thee, that I may
feare thy name: ponder my wayes,
consider my meditations, & mer-
cifully heare me; lead me in the
right way, let no wickednes haue
dominion ouer me, turne all vo-
luptuousnesse from me, take from
me the lusts of the flesh, let not
vncleannes take hold of me, giue
me not ouer to an obstinate mind,
turne my eies away from vanities,
let thy louing mercies come vnto
me. Suffer me not O Lord, to en-
ter into the way of sinners, but
whensoever through frailty of my
corrupt nature I run astray, then
O Lord stay me, and plucke me
backe againe, that I may ioy in
the desire of thy law, that I may
euer choose, and doe those things
which are most pleasant to thee,
and

and hate all that offend thee.
Plant me by the waters side, and
let me bring forth fruit to thy ho-
nor and glory: grant that I may
stand in the assembly of the righ-
teous, that I may escape all punish-
ment, be deliuered from condem-
nation, & with thy Saints & holy
Angels, liue in euerlasting glory,
world without end, Amen.

*A confession of sinnes, necessary to
be sayd at all times, and for for-
giuenesse of sinnes.*

O God, and merciful father, be
mercifull vnto me, for many
enemies fight against me, O God
most high, I here prostrate in hart
confesse my abominable wicked-
nesse, wherein all my life long I
haue offended thy heavenly Ma-
iesty, in thought, word, and deed,
which are infinite and cannot be
numbred,

numbred, make them O Lord odious & grievous vnto me, make them detestable in my sight, giue me the grace of true repentance, grant vnto me sinfull wretch, the forgiuenesse of all my sinnes, and release me from all paine due for the same. Thou hast commanded vs to aske and pray, & thou wilt forgiue, to knocke and thou wilt open, grant me ô father, I beseech thee, a continuall & stedfast faith, and onely hope in thee, and in Christ Iesus, that I may cry, O God the father, haue mercy vpon me. O God the son, haue mercy vpon me, O God the holy Ghost haue mercy vpon me, O glorious & blessed Trinity, haue mercy vpon me, & forgiue me all my sins and wickednes, that I haue committed & done euer since I came into this miserable world, vntill
this

this present houre:& grant O Father, I wretched sinner beseech thee, that I neuer hereafter fall into any sins or offences. Defend me against all my enemies, the deuill, the world, and the flesh, O Christ which camest into the world, to ease those that were laden, to seeke those that were lost, to call sinners to repentance, and to giue life euerlasting to the faithfull. I poore sinful creature, from the very bottome of my heart bewaile and lament my wretched & sinfull life, beseeching thee according to thy promise, to be mercifull vnto me, to be my mediator to God the Father for me, that he may fully and freely forgie me al my sins whatsoever formerly committed against thee, & wholly possesse my heart with thy holy spirit, that he may defend me against all perils to
G come,

come, which the deuill, the world;
or the flesh imagineth against me;
& so change me into a new man,
that my old finnes being washed
away by thy precious bloud, I
may walke from vertue to vertue,
to the prayse of thy blessed name,
Amen.

*A generall confession of finnes, with a
Prayer for the remission of the same.*

O Most mercifull Lord God,
most deare & tender Father
vouchsafe I beseech thee to looke
downe with thy Fatherly eyes of
pittie vpon me, most vile & wret-
ched sinner, which herein hartily
prostrate before the feete of thy
bottomles mercy. I am not wor-
thy to be called thy sonne, but for
that thou art the God and Father
of all comfort, & desirest not the
death

death of a sinner, but takest care
to cure my wounded soule: poure I
pray thee the precious oyle of thy
sweet comfort into my wounds:
that I may ioyfully run into the
lap of thy euerlasting pittie: thou
art my hope and trust, in whom I
only repose my selfe, I accuse my
selfe vnto thee, that I haue sore &
griuously offended thy almighty
maiesty, in committing grieuous
& manifold sins and wickednesse,
that I haue not kept the least of thy
commandements, as thy righte-
ousnes requireth of me. I haue not
honored thee as a God, nor dread
thee like a Lord, nor loued thee
like a Father, nor vsed thee as my
Sauour. Thy holy and dreadfull
name I haue vsed in vaine, I haue
followed the Prince of the world,
in concupiscence of the flesh, in
pride of liuing, in couetousnesse,

in gluttony, in hatred, in enuie, in
backe-biting, in despaire, and in
misbeliefe, but in what manner so-
euer I haue offēded thy most god-
ly Maiesty, I am heartily sorry for
it, euen from the bottome of my
heart, and in token of my heartie
repentance, I knocke & strike my
breast, and in the bitternes of my
soule, I cry and say; Lord God Fa-
ther, haue mercie vpon me, Lord
God Son, haue mercy vpon me,
Lord God holy Ghost, haue mer-
cy vpon me: spare me of thy infi-
nite mercy, and grant me thy a-
bundant grace, that I may change
my sinfull life, put off the old man
with all concupiscence, that I may
die vnto the world, & the world
vnto me: strengthen my heart in
true humility, perfect loue, hope,
and trust in thee. Giue my soule
grace to desire onely to reioyce &
repose

repose my selfe in thee, that I may
utterly forsake the vaine affiance
of the world, that I may be ready
to go with thee, whensoever thou
shalt come vpon me: Be thou O
Lord alwayes vnto me a Tower of
strength, a place of refuge, and de-
fend me against the fiend, and all
desperatio, let thy comfort cleaue
vnto me, thy mercy keepe me, &
thy grace guide me. Take O Fa-
ther, that thou hast made, take O
son that thou hast with thy preci-
ous bloud dearely bought, take O
holy Ghost that thou hast kept, &
preserued by thy grace, to draw
me neare vnto thee. Heare my
prayers, forgiue me my offences,
comfort me in my afflictions, let
my ghostly enemies haue no pow-
er on me, but giue me strength to
withstand his deceitfull snares, let
me liue to my comfort, die in the

true faith, & rest with thee in thy
euermlasting kingdome, Amen.

*Another Prayer for forgiveness of
sinnes, and to be guided by the grace
of God, to preserve and keepe vs.*

O Maker of heauen and earth,
King of Kings, and Lord of
Lords, which of nothing diddest
make methine owne image, did-
dest redeeme me with thy preci-
ous blood, I am not worthy in my
heart to thinke on thee, nor in my
mouth to name thee: therefore I
humbly desire thee, and meekly
pray thee, gently to behold mee
thy vnworthy seruant; and haue
mercy vpon me, as thou haddest
on the woman of *Canaan*.

Vnto thee I confesse my sinnes,
haue mercy vpon mee, O Lord,
for I haue most grieuously offen-
ded thee in pride, couetousnesse,
leache-

leachery, vaine-glory, hatred, enuy, adultery, indissolute, and wanton liuing, in idle words, in thinking, sleeping, and doing all things wherein fraile man might sinne: therefore I most humbly pray & beseech thy goodnesse, haue mercie vpon me, and forgiue me my sinnes. Thou art my hope, trust, and defender, my helpe, strength, life, health, resurrection, and redemption, I therefore most humbly pray and beseech thee helpe me, defend me, make me strong, and comfort me: Visite me, and receiue me, I am thy seruant and bondman, (though euill & a sinner) therefore I flie vnto thee to be receiued: If I be vncleane, thou canst make mee cleane: If I be sicke, thou canst heale me: If I be dead, thou canst reuiue me, for thy mercy is more then my sins,

G 4

and

and thou canst forgiue more than
I can offend: Therefore O Lord
consider not the number of my
offences, but according to thy
great mercy haue mercy vpon me,
say vnto my soule, thou art my
saluatiō: O be not angry with me,
but most meeke Father, for thy
mercies sake, forgiue me all my
misdeeds, grant that I may truly
know thee, with my heart belecue
thee, & mouth confesse thee. Pu-
rifie my hart with the fire of loue,
mortifie in me whatsoeuer is a-
misse; garnish my mind with thy
heauenly benefits, and spirituall
gifts: Arme my soule against the
crafty assaults of the subtile serpēt,
the vaine pleasures of the world,
& the lewd lusts of the filthy flesh.
O Saviour haue mercy vpon me,
which haue committed many sins
against thee, & haue mispent the
gifts

gifts of grace, that thou so louing-
ly diddest giue me: be mercifull
vnto me O bountifull Lord, & I
will wholly put my trust and con-
fidence in thy mercy. Let me euer
dread thee, loue thee, and serue
thee, with all my heart, mind, will,
might, power, and strength of
soule and bodie: and grant that I
may doe all things according to
thy will: let all my offences befor-
gotten before thee, and make me
persevere in vertuous liuing. that
I may order my selfe in this world
to thy will and pleasure: let mee
depart out of this world in a clean
and pure life, for the comfort and
saluation of my sinfull soule: and
most mercifull Lord I pray thee,
to giue me stedfast faith, true hope
and feruent charitie, giue me thy
grace and mercifull ayd in all my
wayes, to pursue and follow thy
will

will and commandements, to eschew my owne fraile will and desires, and false enticements, so in this life I may liue a true Christian, and after death behold thy most glorious face in heauen, Amen.

A deuout Prayer for all Christians.

O Lord, which hast vouchsafed of thy vnſpeakable goodnes, to make and ordaine me thy creature, to liue in this transitorie life, giuing me a reasonable soule, by which I know thee, my Lord & my God, O most blessed Lord. I wretched sinner cōfesse my wicked & abhominable sins, I humbly aske thee mercy & forgiuenes for the same, grant me thy strength to stand sure in faith, thy knowledge to work thy blessed will, thy power to resist all errors, and wicked

ked imaginations: thy wisdom to
know the truth, giue me thy help.
I humbly beseech thee, that thy ho-
ly spirit may guide me, and all the
thoughts and desires of my heart,
for the thoughts of men are mise-
rable, & their deeds vncertain: cō-
fort therefore my soule, let it walke
in thy lawes & waies, & work thy
will, suffer no worldly perswasions
to take place or root in my heart,
but by thy holy spirit, so direct my
wayes & works, that they may be
acceptable in thy sight. Suffer not
my soule to perish, whō thou hast
so dearly bought, but haue mercy
vpon me, make me poore in spi-
rit, low in heart, content with my
calling, & let my soule rest in thee.
let me loue thee as a Father, a for-
giuer, a Saviour, & feare thee as a
Lord, a iudge, a reuēger. O Father
put from me my sin and wickednes,
make

make me to walke in the way of
thy commandements: let me reue-
rently feare thee, and ſtand in awe
of thy iudgements, let me loue
thee as a Saujour, honour thee as
a Lord, and feare thee as a Iudge.
Grant me grace to ſet thy feare be-
fore me, to ſtand in awe of thee,
& of thy iudgements, that I doe
nothing to prouoke thy heauie
diſpleaſure againſt me, that I may
walke in thy feare and holy ordi-
nances, & imbrace thoſe vertues
that ſhall euidently declare my
faithfull loue, true honour, vnſai-
ned repentance, & humble feare
towards thee. Haue mercy, pittie,
& compaſſion vpon me moſt mi-
ſerable ſinner, for my offences are
horrible, great, and grieuous, but
I appeale to thy mercy, which is
aboue thy workes: O let me liue
with thee eternally, and not die,
though

though I haue deserued it, make me a vessell of thy mercy, that I may prayse thy name, let not my sinnes sever me from thee, but let me magnifie thy power & mercy. O gracious God, giue mee true, hearty, earnest, & vnfained repentance, that I may from the bottome of my heart continually lament my manifold sins and transgressions, my vnthankfulnes towards thee, for all thy mercifull benefits abundantly bestowed vpon me. Alas, that euer I became so wicked & vnkind a creature, to displease so good a Lord, so louing & mercifull a Father. O forgiue me all my sinnes that euer I haue committed against thee, let me neuer more offend thee but alwaies gladly serue thee in righteousness & holinesse all the dayes of my life, gouerne and guide my heart in thy

thy faith, feare, and loue, that in
all my thoughts, words, and
deeds, I may glorifie thy holy
name, to whom be all glory,
prayse, power, and domination,
now and euermore, Amen.

*A faithfull Prayer very fit for
all persons.*

O Most excellent goodnesse,
withdraw not thy mercy. O
most mightie Maker, despise not
thy worke. O most prudent Re-
deemer, suffer me not (the price of
thy redemption) to perish. O most
gentle, ghostly, & heauenly host,
purifie, saue, dresse, and keepe thy
house and dwelling place in mee.
O most blessed, charitable, sweet,
and bounteous Iesu. O most ex-
cellent, glorious, mercifull, deare
Iesu, & sweet Sauiour, haue mer-
cy vpon me, & freely forgiue me
all

all my finnes. O make me loue thee, turne to thee, & be sorry, and contrite for my wickednelle, let me remember thy benefits, meeknes, painefull, and bitter Passion; thy patience, obedience, loue, and charitie: sanctifie me that I may worship thee, magnifie thee, and heartily loue thee, with true reuerence and deuotion. As thou art most dreadfull, make me to dread thee: as my Father to loue thee: as my Lord to serue thee: dwell in my soule by grace, mercy, charitie, and cleannes. O wound my heart with thy most holy wounds moist my minde with thy most precious blood, that whatsoeuer I doe, or wheresoeuer I turne me, I may behold thee crucified, and thus, beholding thee, I may fixe my minde on nothing but only on thee: and I beseech thee
that

that thou wilt vouchsafe of thy goodnesse to direct, sanctifie, and keepe my soule and my body, my senses, talke, communication and all my doings in thy holy lawes and workes of thy Commandements: that thy holy Angell may be with me, to direct me in the way of peace, truth, and health, that I may be whole, safe, and free in thee, and by thee, both here, and in the world to come. Heare me and saue me, O King of glory which liuest and raigest, world without end, Amen.

*A very good Prayer to God, to take
from vs all euill things, and to
giue vs all good things.*

Give O Lord God, vnto my heart repentance, to my spirit contrition, to my eyes a fountaine
taine

taine of teares, to my handes abundance of Almes, put out of me the desire of the flesh, and kindle in me the fire of thy loue, thrust out of me the spirit of pride and vaine-glory; & giue me true humilitie: take away from me O Lord, the fury of anger, and giue me the buckler of patience. plucke from me rancour, and malice of minde, and giue me meekenesse of soule, giue me (most gentle Father) stedfast faith, sure hope, and continuall charitie, O God turne from me vanitie, vnconstantnesse of minde, wantonnesse of body, lewdnes of talke, a high minde, excellēce of dyet, euill speaking of others, covetousnesse of riches, greedines to rule, desire of vaine glory, the vice of flattering, despising the poore, oppressing the weake, vnvariable avarice, and deadly

deadly blasphemie.

Take from me vndeceit rash-
nes, stubbornnelle, vnquiernelle,
idlenesse, sluggishnelle, dulnesse,
blindnelle of heart, obstinacie of
vnderstanding, crueltie of condi-
tion, disobedience of that is good,
& giue me O God, for thy deare
Sonnes sake, the works of mercy,
and affections of piety, to suffer
with the afflicted, to counsell the
euill, helpe the miserable, succour
the needie, comfort the sad, ayd the
oppressed, relieue the poore,
mone them that weepe, pardon
my debtors, spare them that offend
me, loue them that hate me, doe
good for euill: embrace vertue,
reiect vice, & liue in all goodnes,
O God, make me rich with thy
gifts, defend me with thy munifi-
cence, giue me the strength of thy
saluation, be my shadow in the
day

day of battell: my deliuerer in the
time of affliction, my ayd in tri-
bulation, my light in saluation,
and conduct me to thy euerla-
sting rest, that I may liue with
thee in eternall glory, Amen.

*A very good Prayer for Gods ayd,
forgiuenesse of sinnes, and
life everlasting.*

O Christ, that calledst all men
vnto thee, spread forth thy
beames of thy light, that we walk
not in darknesse, for thou art the
way to heauen, and Sun of right-
eousnesse, in thy Crosse we tri-
umph: in thy shame we glory: by
thy paine, wee haue peace, in thy
teares ioy: in thy sorrow, comfort,
in thy death, life.

I humbly beseech thee there-
fore, poure vpon me the spirit of
wisdome, grace, and mercy with
the

the force of his beames to driue away the darkenelle of my minde, and with his fire, purifie my peruerſe affections, with his celeftiall lampe, kindle in my heart the true zeale of thy glory, with his holy oyntment an balme my conſcience with his Fatherly oyle to reſreſh my bowels, and with his vertue renue in me an vpright ſpirit, to cleanſe my ſoule from dead workes, and replenish mee with rightcouſneſſe, that I may overcome Sathan, the world, the fleſh, & my luſts, aboue all, let me haue the true conſolation of a faithfull ſoule, his ioy, quiet, and content. Thy holy Word is vnto vs the image of glory, the law of thy kingdome, the ladder to Heauen, the gate to Paradife, the treaſury of pietie, vertue, wiſedome, conſolation, & perfection, yet the groſſe
nes

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nes of our flesh is so ignorant and perverse, that it wil neither see thy spiritual riches, nor heare thy true and wholesome doctrine: but taketh the Thorne for the Rose, the Lease for the Fruit, and the Huske for the Kernell.

I humbly beseech thee therefore, most mercifull Father, to guide me in the vnderstanding of thy truth, and instruct me by thy spirit, to make me perfect in the principles of saluation, the true knowledge of thee, and of faith, pietie, and righteousnesse, to beleeue in thee, and in Iesus Christ thy onely Sonne: to glorifie thee, loue thee, feare thee, & serue thee: Grant that my thoughts may be replenished with stedfast hope, supported with assured expectation to obtaine the celestiall riches, which no eye hath seene, care hath

hath heard, or vnderstanding
 comprehended; that I may behold
 thy countenance, liue in thy
 kingdome, inioy the societie of
 the Angels, bee a fellow-heire
 with the glorified spirits, to be ful-
 united vnto Christ, and by him
 to the Father, and fountaine of e-
 ternal life, and so possesse euer-
 lasting ioy : and let the hope of
 enjoying that happinelle bee my
 thought, pleasure, labour, habi-
 tation, and onely vocation, and
 graunt mee grace to runne my
 course, that in the end I may ob-
 taine the Diadem, wherwith thou
 crownest thine Elect, that I may
 prayse and magnifie thy name,
 world without end, Amen.

*A Prayer for remission of sinnes, and
 to God, to assist vs to liue well,
 and free from sinne, and*

*to live in Heauen
eternally.*

O Lord my God, I will glorifie
& prayse thee with thankes-
giuing, giue me thine ayd, saue &
deliuer my soule out of the deepe
Dungeon: keepe me from the pit
of destruction, take all trouble
from me, let my life be agreeable
to thy desire, take away my eue-
ning lamentation, and giue mee
the ioy of the morning consolati-
on. O Lord heare me, haue pittie
vpon me, and be mercifull vnto
me, take from me all heauinesse,
fill me with thy gladnesse, that I
may render thee thanks, and my
tongue sing thy prayses without
ceasing. Haue mercy vpon me ac-
cording to thy benignitie, for I
am oppressed with sins & offences,
absolue, purge, & wash me from
all

all iniquitie. Put me not from thy
presence, giue me a right spirit,
the comfort of thy saluation, and
rest to my poore conscience, that
I may be sure of the free remission
of all my hainous sinnes. Giue me
(O Lord) a mouth, and wisdom
to resist my aduersaries: keepe me
pure and vndefiled in thy law, &
that I may doe nothing but that
thou requirest of me: let me ne-
uer want sure hope & firme trust
in thee. Fasten and imprint thy
lawes in my heart, that I neuer
sinne against thee: Teach me thy
iudgements, and giue me a ready
will to performe them, fortifie me
with thy word, & let my heart be
enclined vnto it, & not to cou-
tousnesse, pride, or any other wic-
kednes. Instruct me in that that is
good, be thou my portion, & for
thy mercies sake, haue mercy vpon

on me. Keepe me diligently, and
watchfully, & let not my feet slip,
shadow me with thy right hand,
and keepe me safe from the wic-
ked. Deliuer me from all euils,
guide my going forth, and com-
ming home, and keepe my soule
from sinne. Let me O Lord, cry
vnto thee, and heare me speedily :
let my prayer be as sweet Incense
before thee, that I may call vpon
thee daily and continually, keepe
me from euill, and let me not liue
dissolutely : defend me from im-
piety, and all erroneous and foule
offences, let me cast mine eyes
vpon thee, hope onely in thee,
and stay me wholly vpon thee.
Saue my soule, let it not perish,
and deliuer me from the vanities
of the world, enticements of the
flesh, suggestion of the Deuill,
and the snares, ambushes, and de-

ceitfull conſpiracies of the wicked, that I may laud and prayle thy holy Name in this world, and in the world to come. To our God eternall, immortall, inuiſible, and onely wiſe, be all honor and glory, both now and euermore, Amen.

*A very earneſt Prayer for Gods
ayde, and forgiueneſſe
of our ſinnes.*

O Father, I beſeech thee for the loue of thy ſonne, bring my ſoule out of pryſon to prayle thy holy name, deliuer me from the bonds of ſin, & reſtore me to life euerlaſting: when ſhall I come & appeare before thy face? when will the comforter come I waite for? when ſhall I ſee the ioy I look for? and be ſatisfied with the glo-

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ry I long for? Strik Lord my hard heart with the strong point of thy dear loue, pierce it with thy mighty power vnto the very bottome, that my head may bring forth water, and my eyes a fountaine of teares, to mourne and lament my manifold sinnes and offences.

I beseech thee kneeling on my knees, and humbly intreate thee, that thou wilt with the eyes of pity, looke vpon me thy vnworthy seruant, & haue mercy vpon me. O Christ, whom I haue greatly offended in thought, word, & deed. Pardon my offences, and clearly forgiue me all my sinnes. Heale my iniquitie, and I shall be safe. Gouverne and defend me, strengthen and comfort me, despise me not O Lord, nor note the number of my sins, but according to the multitude of thy mercies pity me,

H 2

me, fauour me, haue mercy vpon
me, and forgiue me a most grie-
uous sinner. Conuert me O
Lord, and for thy mercies sake
keepe me, that I may with true re-
pentance, heartily bewaile my sins.
Saue me for thou art the true safe-
tie, haue mercie on my sinfull
soule, lose the bands thereof, blot
out my transgressions, ayde mee
& forsake me not, O God of my
comfort. O my Soule, lament,
mourne, & weep, till thou be ioy-
ned to thy bridegroom Christ.
Thou bidst me knocke O Lord,
open vnto me, strengthen mee
that am weake, restore mee that
did perish, raise me that was dead,
guide and gouerne all my senses,
thoughts, and deeds, that hence-
forth I may serue thee, loue thee,
and liue with thee. Grant me an
humble and contrite heart, with
about

abundance of teares, and a sorrowfull soule for my sinnes. Giue me compunction of heart, humilitie of minde, and a pure conscience. O Iesu pardon my soule, pardon my sinnes, my euils, and my offences. Let me earnestly desire, aduisedly search, truly know, and perfectly fulfill all things that please thee. Giue me thy heavenly comfort, despise not my sinnefull soule, forgiue me all my sinnes, and bring me to thy holy habitation, for my Sauour Iesus Christ his sake, Amen.

*A good Prayer for Gods assistance
and Repentance.*

OLouing Father, haue mercy vpon me, pardon my frailty, ayde me in infirmities, by the power of thy grace, strengthen me against the cōcupiscence of the
H 3 filthy

fithy fleſh, the illuſions of the fooliſh world, & the ſubtle aſſaults of Sathan, that I may grow in all goodneſſe and heauenly perfection. Of thy Fatherly goodneſſe heare my prayers, & for the glory of thy name forgive me my ſins, & grant my petitions, look favourably on me thy fraile and wretched creature, humble my heart to the repentant confeſſion of my ſins, giue me the helps of thy holy Spirit, to amend my ſinfull life, bleſſe and guide all my thoughts, words and workes with thy heauenly grace, that I may in all things obey thy heauenly will. Reforme me, bleſſe me, and in thy tuition preſerue me, poure forth the abundant bounty of thy good gifts vpon me, that in the riches of peace, ioy, & loue, I may prayſe & magnifie thee. O mercifull Father,

cher, that hast deliuered me out of
the bands of death and darknes,
haue mercy vpon me, and for thy
sweet Son my Saujour Christ his
sake, comfort, guide, and streng-
then me in thy holy Spirit, holde
continually thy holy hand ouer
me, that no flattery, illusions, nor
inchantmēt of the world deceiue
me, and that no troubles, malice,
stripes, persecution, feare, tyran-
ny, torments, nor death, may e-
uer seperate me from thee: but de-
spising the world, the flesh, and
the Deuill, I may in ioyfull hope
waite for, and desire the com-
ming of our redeemer, for the de-
liuery of thy blessed Saints, to ap-
peare in thy gracious presence, in
our renewed bodies, glorified, &
immortall, there to dwell with
Angels, & Archangels, euermore
praying thy heauenly Maiesty. O:

Lord, that hast made vs the children of light, haue mercy vpon me, yea, Lord haue mercy vpon me: and for thy names sake looke fauourably vpon me, stand fast by me, let me be constant in faith, humble and obedient to thy holy will, and correction, patiently waiting thy good pleasure, and determination in all things: make me abound in loue and meeknes, reioyce in vertue and true holiness, and glad my heart in the assured truth of thy promises, helpe me with thy grace: pardon my weakenesse, and deliuer me from the euils I haue deserued, and in all troubles, wealth, need, health, sicknesse, ioy, sorrow, life, and death; make me put my whole stay, hope, and helpe in thy Fatherly mercy and goodnesse. Relieue me with thy grace, strengthen
then

then me with thy holy spirit, that I may overcome and vanquish all the suggestions, temptations, and conspiracies of Sathan, and his infernall armies: withstand the malice, persecutions, and troubles of this wretched world, triumph in heavenly victory, and wholly reioyce in the prayling and lauding of thy holy name, now and for euer, world without end, Amen.

A Prayer for remission of sinnes.

O Soueraigne Creator of all things, when I consider thy Maiestie, whom I haue with my sins offended, I doe shudder at my owne misdeeds, and I abhorre my wickednesse, because I haue forsaken so gracious & bountifull a Father, vouchsafe therefore most mercifull God, & louing Father, to pardon and forgiue me all my

H s

vani.

vanities, misdeeds, and offences,
gouerne & guide me by thy holy
Spirit in all my wayes, that I may
liue all the daies of my life accor-
ding to thy holy and heauenly
Commandements. By the multi-
tude of thy mercies, wipe away
my iniquities, let my suit enter
into thy presence, and saue me
thy seruant, shew me thy mercies,
comfort my heart with the celesti-
all ioy, and pleasure of thee, that I
may for euer rest with thee in the
land of the liuing. Haue pittie vp-
on me, & according to the multi-
tude of thy great mercies, wipe a-
way my sins, and cleanse me from
all my vnrighteousnesse, draw my
foule out of sinne, vnto the liuely
fountaine of the life euermlasting:
fill my mind with the streames of
thy pleasure, and overcome my
heart with the sweetnesse of thy
loue,

loue, and grant that I may long
with all my heart, & labour with
my whole endeavour, to attaine to
the vnconceivable ioyes of the
life euerlasting: embrace me with
thy armes of mercy, shew me thy
louing countenance, plucke me
from the earth, & earthly things,
open my mouth to call vpon thee,
my eares to heare thee, my eyes
to behold thee, and let all that I
doe say, heare, or see, be onely to
thy glory. Let thy grace euer ac-
company me, let me continually
crave it, & earnestly endeavour to
keepe it, scoure from me the spots,
which by my daily sins I haue cast
vpon the whitenesse thou gauest
me, that I may be pure and cleare
before thee. Bind vp the iores of
my sinfull soule, with is with thy
precious blood, annoint it with
thy oyle of holynesse, repare that
heavenly

heauenly image within me, by sinne defaced, and againe adorne it with thine owne righteousness, that I may euer hereafter prayse thee. Mortifie all my desires of wealth, pleasure, riches glory, fauour, and all earthly things whatsoever, and that I may euermore readily and willingly doe those things, that may please thee. Giue me constancie, and steadinesse of purpose, that my thought may not be found fleeting, or vneffectuall, but that I may with an vnmoueable minde doe all things for my comfort, and to the honor and glory of thy holy name, through Iesus Christ my Lord and Sauour, Amen.

A Prayer for remission of Sinnes.

Righteous, and merciful God, which art cleare from spotte and:

godly Prayers. 167

and sin, I miserable & wretched sinner, acknowledge my wickednes, & with humble and sorrowfull heart, bewaile my filthinesse, whereby I haue polluted that Image, imprinted within me at my first Creation. I openly confesse that many and great are my sins, my offences wonderful, my transgressions infinit, euen as the sand of the Sea, that cannot be numbered, for all my cogitations are prone to euill euermore : who knoweth O Lord his sin, and can recite his transgressions? I confesse my offences, and my sinne is alwayes before mee : against thee onely haue I sinned, & done euill, I was borne in sin, and those sins haue I multiplied in my daily transgressions, and haue deserued thy displeasure : therefore I appeale vnto thy mercy O Lord, beseeching.

ſeeching thee not to enter into
iudgement with thy ſeruant: but
according vnto thy great mercy,
haue mercy vpon me, and ac-
cording to the multitude of thy
mercies do away mine iniquities.
Wash mee thorowly from my
ſinnes, and cleanſe me from my
offences: for thy names ſake, be
mercifull to my ſinne, for it is
great: remember not the ſinnes
of my youth, nor my rebellions,
but according to thy kindneſſe
remember me, for thy good-
neſſe ſake: remember thy ten-
der mercies, and louing kind-
neſſe, which haue beene for euer:
remember I am fleſh, that paſ-
ſeth away, and cometh not a-
gaine. Leaue therefore thy diſ-
pleaſure againſt me, be not an-
gry with me for euer: deale not
with me according to my ſinnes,
neither

neither reward me after my iniquities, but conduct me O Lord, and turne away thy displeasure against me: shew me thy mercies, and grant mee thy saluation, I confesse most mercifull G O D, it lieth not in my power to purge and put away my sinnes, and purchase thy fauour: but it is onely the Passion, and most innocent death of thy deare Sonne my Lord Iesus Christ, that is a sufficient reconciliation for my sins, and for the sinnes of the whole world: for his blood which was shed for me, doth cleanse mee from all my sins: and if I confesse my offences, thou wilt forgiue me all my sinnes, and cleanse me from all vnrighteousnesse: wherefore in such hope of this thy mercie promised by thy Sonne, I am bolde with deepe sighes, from
my

my heart, to cry Lord forgiue me
mine offences, remit mine ini-
quities, couer my sinnes, and im-
pute not my faults vnto mee:
purge me O Lord, from my se-
cret faults, keepe me from pre-
sumptuous sinnes, let them not
raigne ouer me, but purifie me
from all my wickednesse: let me
taste the sweetnesse of thy benig-
nitie, that I may be secure, and
certaine of the remission of my
sinnes, thorow the bowels of thy
mercies: that I may perceiue in
my minde, comfort, peace, and
gladnes of thy holy spirit, which
may beginne a new life in me,
pleasing thee: quench all vaine
motions in me, and restore in
me the image of thy diuine light,
which was lost: that being deli-
uered from my sinnes, and out
of the hands of my enemies, I
may:

may serue thee in feare, in righteousness, and holinesse, all the dayes of my life, through Christ in whom thou art well pleased, and for whose sake, all my workes, howsoever vnperfect, are acceptable in thine eyes. O most mightie maker, despise me not thy worke, O most excellent goodnesse, withdraw not thy mercy from me. O most prudent Redeemer, suffer me not to perish, whom thou hast so dearly bought. O most gentle Ghostly, and heauenly hoast, purifie, saue, dresse, and keepe thy house and dwelling place in me, which thou hast sanctified, and dedicated vnto thee in my Baptisme. O most blelled Iesu, haue mercy vpon me, make mee to loue thee, & to be sorry and contrite for my sinnes. Turne me
vnto

vnto thee, by grace, that I may remember thy benefits, and thy painefull and bitter death and Passion. Grant me to sanctifie, worship, magnifie, and loue thee heartily. Moysten my mind with thy most precious blood, that whatsoeuer I see, I may behold thee crucified, that thus beholding thee, I may fixe my mind on nothing but onely on thee, and liue most carefully to serue thee, and after this life rest euerlastingly with thee, which liuest and raignest with the Father, and the holy Ghost, one God world without end, Amen.

An excellent Prayer, meete for all persons, and to be sayd at all times.

GRant O mercifull Father, that I neuer commit any thing

thing that shall offend thy fatherly goodnesse, but that I may eschew all vice, embrace all vertue, liue in thy feare, call vpon thy holy name, learne thy godly commandements, heare thy holy Word, auoyde all idlenesse, and walke in my vocation, to the glory of thy holy name. Send thy holy spirit of loue and concord, that I may be content with my calling, liue quietly in the same, doe good to all men, and order my life according vnto thy godly will. Grant me to couet with an ardent mind those things which may please thee, to search them wisely, to know them truly, and fulfill them perfectly, to the laud & glory of thy name: order my living so, that I may doe that which thou requirest of me: giue me grace to know it, and haue a
will

will & power to doe it, and that I
may haue those things which are
most conuenient for my Soule.
Gracious God, make my way
sure, and straight, that I fall not
betweene prosperitie and aduer-
sitie, but in prosperitie to thanke
thee, and be patient in aduersitie,
and that I be not lift vp with the
one, nor oppressed with the other,
that I may reioyce in nothing,
but that which pleaseth thee, nor
be sorry for any thing, but those
that offend thee, desiring to
please none but thee, nor fearing
to offend any but thee. O louing
Father, make all worldly things
vile vnto me, and be thou my e-
speciall comfort aboue all: let me
not be merry, but with that
which pleaseth thee, and let mee
desire nothing but thee. Let all
labour delight me that is for thee,
and

and let all the rest wearie mee:
make me lift vp my heart vnto
thee, and when I fall, make me
to thinke on thee, & be sorry for
the same, with a stedfast purpose
of amendment. Grant me faith
in thee, and grace I beseech thee,
to be occupied in doing of good
works, to thy glory and my com-
fort, and to trust in thy mercies,
& in Christ his merites to be pur-
ged from my sins. Giue me grace
to loue thy Word feruently, to
search the scriptures diligently, to
read them humbly, to vnderstand
them truly, and to liue after them
effectually, that my life may be
acceptable vnto thee. Teach mee
so to pray, that my petitions may
be graciously heard of thee. Keepe
me vpright among diuersitie of
opinions, that I swaue not from
thy truth. Giue me I beseech thee

a true spirit, that no curious thoughts, nor filthy affections withdraw me from thee. Grant me grace to know thee, diligently to please thee, and hope to embrace thee, for the precious blood sake of that immaculate Lambe Iesus Christ: to whom with the Father, and the holy Ghost, be all honour and glory, world without end, Amen.

*A Prayer wherein a sinner desireth
God to heare him, and for-
give him his finnes.*

O Lord how long wilt thou
reiekt my prayers which dai-
ly I poure out before thee? Wilt
thou O Lord heare me at no
time? Or wilt thou cease to shew
mercy? O cry vnto the Lord O
my Soule, and say, Hast thou O
Lord

godly Prayers. 177

Lord cast me away for euer? or wilt thou neuer hereafter be pleased with me? fauour me O righteous Father, for Iesus Christ sake, that the sighing and inward groaning of my heart, may moue and incline thee to heare me: graciously O Lord, grant me thy mercie, and performe the couenant which thou hast made with mee. Hold thy holy hand ouer me, & keepe me from sinne, then shall I feare neither death, nor hell, and as thou hast alwayes been mercifull to penitent sinners, so now good Lord forgiue me my sins. In the zeale of my heart, I beseech thee to keepe me in the feare of thee, then shall I reioyce in thy mercy, for that thou hast looked vpon me, & regarded my soule in distresse. Keepe me in thy Sheepfold, O Shephheard of my soule, & let

let me neuer hereafter wander from
thy wayes, nor leaue me in troubles:
behold, my weaknes is best knowne vnto thee: Looke O Lord
vpon my sorrow, and forgiue me my
sinnes. Mollifie my heart, that I may
turne vnto thee, and walke in all thy
wayes, for I haue walked ouer long
in the way of sinners: my Prayers O
Lord are poured forth before thee, let
thine anger be turned from mee, & let
me find fauour in thy sight. Looke not
on the hardnesse of my heart, but as
thou alwayes shewest mercie, so now
be mercifull ouer me, and forgiue me
all my sinnes. Spare me I beseech thee,
and shew on me the abundance of thy
mercy, which hast taught me in
Christ Iesus to call vpon thee in my
necessities. Giue mee grace to
acknowledge my owne
infr-

infirmities, that I depending vpon
thy mercifull goodnesse, may
with a strong, and stedfast faith,
& with a penitent heart, continu-
ally call vpon thee for thy grace,
mercy, and pardon. Hearken O
most mercifull God for thy great
mercies sake, to these my humble
prayers which I make before thee,
and consider O Lord the desires
and thoughts of my heart, let my
loud crying come vnto thee, and
let my vnfeined prayers enter in-
to thy presence. Heare me, O
Lord, for I want thy helpe, care
for my soule, saue me thy seruant,
which trust in thee. Haue mercy
O Lord, haue mercy vpon mee,
for I will neuer cease crying to
thee for helpe and mercy. In the
day time I will call vpon thee, &
in the night I will cry vnto thee,
O God of heauen, and maker of
all

all things, heare me a most wretched creature calling vpon thee, and take from me all my sinnes. Plant in me, O heauenly Father, true obedience of thy word. Let not the cares of this world deceive me, keepe me from all vncleane desires : grant me grace to walke before thee with a good & pure mind, that I may receiue the reward provided for thy sonnes and seruants. Increase my faith, and loue, increase in me a sure hope of my saluation, increase strength in me to overcome and stand against all temptations. Let thy holy Angel keepe & conduct me, that I may euermore walke before thee in godlinesse & righteousness of life: make stedfast my faith in thy mercifull promises, that I trusting in them, may haue everlasting life, through Iesus Christ

Christ thy Sonne, our Lord and
Saviour, Amen.

A Prayer for a reformed life.

O Heavenly Father, & merci-
full God, which of thy one-
ly goodnes, hast created & made
me vnto thy owne similitude and
likenes: I heartily pray & beseech
thee, remember not my sins and
vnrightheousnes, neither suffer thy
griuous plagues to hang ouer
me, I haue sinned, and haynously
offended thee, yet I beseech thee
of thy mercy & benignitie to be-
holde me thy vnworthy childe. I
doe not prostrate my selfe before
thee, in praise of my rightheousnes,
but in the multitude of thy mer-
cies. I humbly beseech thee, most
holy Father, be no more angry
with me, but turne thy wrath fro
me, and kindle in me the loue of
thy

thy holy spirit : breake o Lord my
stonie heart, and make it a fleshie
heart, that I may feare thee, loue
thee, and haue pleasure in thee :
grant me a true vnderstanding
of thy Word, to loue that is to be
loued, to desire that which plea-
seth thee, to regard that which
is precious in thy sight, and to
refuse that which is euill before
thee. Giue me (O Father) a
sorrowfull and penitent heart,
that I may humbly serue thee, all
the dayes of my life. When I
fall into sinne through frailtie,
worke I beseech thee true repen-
tance in my heart : that I may be
sorrise, without desperation : that
I may amend my life, & become
truely righteous, without hypo-
cricie : lowly in heart, without
faining : faithfull and trustie,
without deceipt : content with

my owne, without couctousnes,
to tell my neighbour his fault
charitably : to pay euery man
truely : to back-bite no man, nor
slander any secretly : to abhorre
all vice, and loue and follow all
goodnesse earnestly Grant this, O
Lord, for the glory of thy holy
name, Amen.

*A confession of sinnes, and a Prayer
for forgiveness of them.*

O Almighty God of Israell,
my soule that is in trouble,
and spirit that is vexed, cry vnto
thee: heare me, O Lord, and haue
mercy vpon me, for I haue sin-
ned against thee. I heartily pray
and beseech thee in the bowels of
thy mercy to looke downe from
heauen, vpon me thy poore ser-
uant whose sinnes be infinite, and

innumerable, most haynous and insupportable : but as they be grievous and without number, so is thy mercy more abundant and without end. Thy mercy is aboue all thy workes : more able to saue, then my sinnes to condemne. Thou, O Christ, art that good *Samaritan*, that pourest the oyle of grace into our wounds, thou art the onely true sacrifice, and oblation once offered for the sinnes of the whole world. Therefore, O sweet Sauour, for thy bitter death and passion, and for the glory of thy name, bee mercifull vnto me, and forgiue me all my sinnes. Grant that as through my wicked life thou hast beene dishonoured, so thorow my godly conuersation, and integritie of life hereafter, thou mayst be euer glorified. Forgiue

giue me, (O my Saviour) all my
sinnes, I most humbly beseech
thee, and keepe me euer hereafter
from all sinnes. Grant mee the
assistance of thy grace and holy
Spirit, to direct my wayes, and
guide my pathes, that I may bee
innocent from all offences, and
that in all things, I may honour
and prayse thee, together with
thy heauenly Father, and the ho-
ly Spirit, now and for euermore.
Amen.

*A Prayer in aduersitie,
and for mercy.*

Almightie God, which for
my ingratitude, and sinne-
full life, hast worthily punished
me with affliction and aduersitie,
I most humbly beseech thee, to
giue me grace vtterly to detest
I 4 and

and abhorre my former wretched
and ſinfull life, and ſtudie daily
for the amendment of the ſame :
and I am fully perſwaded, that
this affliction hath not come vn-
to me by casualtie, but by thy
permission, and determinate plea-
ſure, and that thou doſt beate
me with this thy rod of correſti-
on, becauſe thou wouldeſt nur-
ture me, and call me to vnſained
repentance, for my former life,
to be more circumspect of a good
life : to exerciſe my faith in thy
godly promiſes, to try me whe-
ther I will be patient, and con-
ſtant in aduerſitie : to make mee
abhorre vaine pleaſures of this
life, and with ſeruent and conti-
nuall deſire, long for the life e-
uerlaſting. Therefore I heartily
pray thee, to ſtrengthen my faith,
hope, charitie, and meekeneſſe,
that

that I may patiently beare this thy
Fatherly chastisement. And grant
mee that I may daily increase
more and more in loue towards
thee, for I hope all things shall
happen to the best, whether it be
prosperitie, health, sicknesse, life,
or death, and therefore I wholly
submit my selfe vnto thee, and
resigne all my will, to thy most
godly will, and pleasure, hoping
that thou wilt end this affliction
to thy honour and glory, and to
my most profit, wealth, and euer-
lasting saluation, thorow Iesus
Christ my onely Saujour and re-
deemer, Amen.

*A godly Prayer to be sayd by all
persons at all times.*

Almightie and most merci-
full Father, grant that aboue
15 all,

all things, I may rest in thee, and
fully let my heart vpon thee, for
thou Lord art the true peace of
the heart, and the perfect rest of
the soule: Wherefore thy will
in all things be done in me, cast
out of my heart all vnprofitable
cares of worldly things, and suf-
fer me not to be led with the
vaine desires of earthly vani-
ties, but giue me grace that all
worldly and carnall affections,
may be mortified and die in me.
Grant mee the strength of thy
holy Spirit, to subdue this bodie
of sinne, with the whole lustes
thereof, that it may be obedient
both in will, mind, and member:
to doe thy holy will: grant me
grace that I may esteeme all
things in this world transitorie,
and my selfe with them, drawing
toward my end. O Lord God,
which

which art sweetnelle vnspeakeable, turne into bitternes vnto me all transitory and earthly delights which may drawe me from the loue of eternall things, and for all worldly comforts, giue me the sweet comfort of thy holy Spirit, for thou Lord art my way, my hope, my crowne, and my glory: blesse me that for the loue of thee I may not set by the pleasures of this world, but crucifie the flesh, and the lusts thereof, so that in a cleane and pure conscience, I may offer my prayers vnto thee, and bee accepted to haue company with thee, together with the holy Angels and heauenly spirits. O euerlasting light, send downe the beames of brightnesse, and lighten the inward parts of my heart, that I may walke in thy lawes and com-

mands

mandements. Giue me grace to
rest in thee aboue all things, a-
boue all glory, honour, dignitie,
and power: aboue all health, beau-
tie, riches, and treasure: aboue all
ioy, pleasure, fame, and prayse:
and aboue all mirth, and conso-
lation, that mans heart may fee-
le, or take besides thee. For thou
Lord art most good, wise, and
righteous, most high, mightie, &
comfortable, most beautifull, lo-
uing, and glorious, in whom are
most perfectly all treasures of
grace and goodnesse. Therefore
whatsoever I haue beside thee, is
nothing vnto thee: for my heart
may not rest, but onely in thee.
O Lord, who shalt giue mee the
wings of perfect loue, that I
may fly from these worldly mise-
ries, and rest with thee? O King
of euerlasting glory, my soule
cryeth

cryeth vnto thee, with continuall
gronings, and saith, how long tar-
rieth my Lord God to come vn-
to me? when shall be the end of
these miseries? when shall I be
deliuered from the bondage of
sinne? when shall I haue my mind
onely fixed on thee, and be mer-
rie in thee, with perfect ioy and
gladnesse? when shall that bles-
sed houre come, that thou shalt
visite me, and make me glad with
thy blessed presence? when shall
I come vnto thee, & inioy those
sweet contemplations, which thy
blessed Angels haue alwayes?
when shall I stand to behold thee
and haue full sight and contem-
plation of thy glory? when shall
I be with thee in thy Kingdome,
which thou hast prepared for
thine elect, that I might behold
the blessed Mansion of thy hea-
uently

uenly Citie, and the moſt cleare
day of eternitie, which thy hea-
uenly Cittizens know and feele
the ioy of, but I the childe of *A-*
dam, doe lament and bewaile the
miſeries of this wretched life,
ſhort and euill, full of grieſe and
ſorrow, where wee are polluted
with ſinnes, diſquieted with trou-
bles, wearied with labours, tyred
with temptations, vanquiſhed
with vaine delights, and fleſhly
pleaſures of this changeable
world, and vnmeaſurably intrat-
led in manifold calamities. Where-
fore O Lord ariſe and helpe me,
comfort me, allwage my ſorrow,
deſtroy my enemies, the king-
dome of ſin, Sathan, the world, &
my wicked fleſh: forgiue me all
my ſinnes, and bring my trouble-
ſome dayes to an end. So ſhall I
ſing prayſes vnto thee, O God of

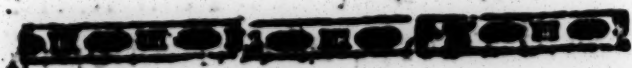
my

my saluation, and magnifie thy name world without end, Amen.

A short Meditation of Mans misery.

WHAT was I, O Lord? what am I? what shall I be? I was nothing: I am now worth nothing, and in hazzard to be worse then nothing. I was conceived in originall sinne, I am now full of actuall sin: I may hereafter feele the eternall smart of sinne. I was in my mother a loathsome substance, I am in the world a Corps of corruption: I shall be in my graue a prey of Vermin. When I was nothing, I was without hope to be saued, or feare to be damned: I am now in a doubtfull hope of the one, and in great danger of the other. I shall either bee happie by the successe of my hope, or miserable.

miſerable by the eſtate of my danger. What I haue beene I know, *viz.* a wretched ſinner; what I am, I cannot ſay, being vncertaine of Gods grace: what I ſhall be, I am ignorant, being doubtfull of my perſeuerance. Lord creeſt my former weakneſſe, correct my preſent ſinfulneſſe, direct my future frailtie, direct it O Lord, from paſſed euill, to preſent good, and future reward, for Ieſus Chriſt his ſake, Amen.



An effectuall Prayer, for
grace, mercy, and for-
giuenesse of finnes.

O Heavenly God O Father deare
Caſt downe thy tender eye;
Vpon a wretch that proſtrate here,
Before

Before thy Throne doe lie.
 O poure thy precious oyle of Grace,
 Into my wounded heart:
 O let thy drops of mercy sweete,
 Remit my finnes desert.
 My sinfull soule oppressed sore,
 With carefull clogs of sinne:
 In humble sort, most humbly sues,
 Thy mercy for to winne.
 Grant mercy then, O Saviour sweet,
 To me most wretchfull thrall:
 Whose mournfull cry to thee alone,
 Doth still for mercy call.
 Thy blessed will I haue displeas'd,
 With pleasing of my mind:
 And to the lust of worldy things,
 My selfe I haue inclin'd. (ers,
 Forgetting heauen & heauenly pow-
 Where God and Saints doe dwell:
 My life had almost trod the steps,
 That leades the way to hell.
 Grant now O Lord and loadstone
 That I no more doe so: (bright,
 But

But for my life in finnes miſpent,
My heart may melt in woe:
Alas, I ſigh, alas, I ſob,
Alas, I doe lament:
That euer my licentious life,
So wickedly was ſpent.
Grant therefore, Lord, with waſhing
I may thy mercy craue: (teares,
O Lord for thy great mercies ſake,
Let me thy mercie haue.
Reſtore to life my ſinfull ſoule,
That eſſe is like to die:
Then ſhall my voyce unto thy name,
Sing praſſe eternally.

Now bleſſed be the Father firſt,
And bleſſed be the Sonne:
And bleſſed be the holy Ghoſt,
By whom all things are done.
Bleſſe me, O bleſſed Trinitie,
With thy eternall grace:
Forgiue my ſins, and grant my ſoule,
In heauen a dwelling place.

*A Prayer of thanksgiving, to crave
Gods assistance, to grant vs his
grace to repent our finnes,
and bring vs to the
life everlasting.*

O Holy Father, God almighty,
which diddest vouchsafe of
thy vnspeakeable goodnetie and
mercy, to send thy onely Sonne
from the high throne of thy Ma-
iestie, into this vale of woe & mi-
sery, to take our nature vpon him,
and in the same to suffer most
sharpe and bitter death, to bring
our soules to thy heauenly King-
dome. O sweet Iesu, enflame my
heart vnto thee, with the burning
beames of thy loue, and make me
euer to thanke thee, and feare to
offend thee. O sweet Iesus, my
hope, refuge, ioy, and health, haue
mercy vpon mee, and be merci-
full

full vnto me, a poore, needy, vile,
wretched, and abominable, sinful
creature: giue me remission of all
my sinnes, integritie of minde,
health of body, needfull foode
& rayment, strengthfulnes of the
earth, vnitie of faith, subuersion
of heresies, increase of true religi-
on, earnest deuotion, willingnes
to charitie, sinceritie in prayer,
patience in trouble, ioy in hope,
and whatsoeuer els is for thy glo-
ry, my good, and soules health, let
thy holy sweetnesse possesse my
mind, feed my soule with the ful-
nes of heauenly & inuisible things,
seperate me from earthly vanities,
wholly dedicate my heart to hea-
uenly meditations, giue me com-
punction of heart, and teares to
my cyes, that I may euer bewaile
the wickednesse of my life: lift vp
my heart & mind I beseech thee
from

from the cogitations of earthly cares, to the consideration of heavenly ioyes, that I may thinke & speake only of thee in this life, & after liue with thee eternally. O Lord my gracious God, and onely comforter of my soule, seeing thou desirest that in all things I should sincerely serue thee, and I through thy grace desire to doe the same; suffer me not, O Lord, any more to offend thee, or fall into the relaps of my former follies, but make me heartily sorrie for my offences, and that I may neuer more sinne against thee. And I humbly confesse my selfe vnto thee, that there is not on the earth a more vile or wicked sinner then my selfe. Increase therefore in me I most humbly beseech thee, thy grace, and giue me humilitie: that I may perfectly know

know thee in thy Maiestie, and
my selfe in my misery, and yet
through thy gracious helpe I may
manfully fight against sinne, and
wickednes, & gaine the victories
ouer all my corporall, and spiritu-
all enemies. I wretched sinner
confesse, I haue often offended
thee, dishonoured thee, and neg-
lected thy holy Precepts, which
aboue all things ought to be most
deare vnto me. Thou, O Lord,
knowest, I am carnall, full of euill
concupiscence, flowing in fleshly
pleasure, ouer-rapped in fond
fantasies, omitting spirituall ex-
ercises, and mourning for sinne,
in speaking, impatient, in hearing
godly admonitions, negligent,
easily detained from doing good,
and apt to euill. O most mercifull
Lord, I poore and wretched sin-
ner, am full of sorrow and griefe,
for

for that I haue grieuouſly ſinned,
and offended againſt thee, wound
O Lord my heart, with the ſor-
row of moſt faithfull and vn-
fained repentance. Graunt mee
thy grace, and aſſiſt me by thy ho-
ly ſpirit, that I may for euer here-
after, keepe my ſelfe from all ſin,
and a voyde all occasions of of-
fences. And I moſt humbly be-
ſeech thy infinite Maieſtie, not
to forſake me, nor ſuffer me to be
condemned in thy terrible iudge-
ment, but be mercifull vnto me,
and let thy dolorous Paſſion ſo
helpe me, that I may be an inhe-
ritor of thy heauenly kingdome,
and enioy euerlaſting felicitie,
and let thy holy Angell ſo keepe
me, as the infernall enimie haue
neuer power ouer me, which
Lord for thy mercies ſake grant
me, Amen.

*A Prayer to God the Father, of
thankesgiuing, and for for-
giuenesse of finnes.*

I Offer vnto thee (O holy Fa-
ther) the sacrifice of prayle and
thankesgiuing : rendring vnto
thee the calues of my lips, which
of thy goodnesse hast made me:
and of thy mercy redeemest me.
Heare therefore, O Lord, the
prayers of thy seruant, and turne
thy eares vnto me thy poore
creature. Day and night will I
pray vnto thee, beseeching thee
that the thoughts and meditati-
ons of my heart may be accep-
table before thee: that my mouth
may speake of thy righteousness,
and my tongue set forth thy
prayse. O holy Father, I beseech
thee, that the inward desire of
my heart, may moue and incline
thee

thee to heare mee. I accuse my
 sinfull wayes, and craue thy mer-
 cy, and fauour. O shew me thy
 mercy, and forgiue me my sins.
 Remember not the sinnes, & of-
 fences of my youth, but thinke
 on thy mercies, and thy couenant
 made in Iesus Christ my onely
 Mediator and Aduocate. It is he
 O holy Father, whom thou didst
 send to obtaine mercy for mee;
 he was wounded for my offen-
 ces, and stricken for my iniqui-
 ties: he died for my sinnes, and
 through his loue and mercy, hath
 redeemed mee. Therefore (O
 Father) for his sake forgiue mee
 all my sinnes, giue me the true
 loue of thy law, and great hate
 of all my sinnes: that I may tho-
 row the merites of his death and
 passion, dwell with him and thee
 euerlastingly. And vouchsafe I
 K besecch

beſeech thee to direct, ſanctifie,
keepe, and gouerne my heart and
body, my ſences, tongue, talke, &
communication in thy holy lawes,
and workes of thy Commande-
ments. Grant alſo, O Lord, that
thy holy Angell may be with me,
to direct me in the way of peace,
truth, and health: that I may be
whole, ſafe, and free in thee and
by thee, both in this world, and
in the world to come. O King
of glory heare me, and ſaue me,
haue pittie and compaſſion vpon
mee thy weake and vnworthy
childe. O Lord helpe mee, ſhew
thy mercy vpon me, let mee doe
that which is acceptable in thy
ſight, and proſper me in what-
ſoeuer I goe about. Let me haue
an earneſt deſire to doe thoſe
things that will pleaſe thee: for
vnto thee alone doe I fully and
wholly

wholly yeeld, and commit my
selfe, which workest all in all, to
thy honour and glory, Amen.

*A Prayer vnto God the Sonne, for
mercie, and forgiveness
of sinnes.*

I Am ashamed, O Iesu, to lift vp
my eyes vnto thee, because my
sinnes are many, & are ascended
and come before thee: shew thy
mercie vpon me (O Lord) and
heare me: my heart is faint, my
soule is troubled, O Lord, make
strong thy humble and vnwor-
thy seruant, that my ioy may be
alwayes in thee: receiue mee of
thy goodnesse into thy fauour, &
shew thy mercie vpon mee, for
thou, O sweete Saviour, art mer-
cifull, which wilt not the death of
a sinner, but that he liue. I there-
fore,

fore, a moſt wretched ſinner, be-
 ſeech thee to looke vpon mee
 with thoſe mercifull eyes where
 with thou diddeſt behold *Peter*
 bitterly weeping, & *Mary Mag-*
dalene, and the *Theefe* on the
 Croſſe and cauſe me through thy
 great goodneſſe, that I may with
Peter weepe, and worthily be-
 wayle my ſinnes; with *Mary* to
 loue thee with a pure and perfect
 loue: and with the *Theefe*, to ſee
 and behold thee in Paradife. Giue
 mee (O gracious Lord) a pure
 intention, a cleane heart, and a
 regard to thy glory: in all my
 actions poſſeſſe my minde with
 thy preſence, and raviſh it with
 thy loue: be thou (O Ieſu) light
 vnto my eyes, muſicke vnto my
 eares, ſweetneſſe to my taſte, and
 contentment to my heart. I am
 not mine, but thine, claime mee

as thy right, keepe mee as thy
charge, loue me as thy childe. De-
fend mee when I am assaulted.
Heale me when I am wounded:
and let me neuer be confounded.
Giue mee patience in trouble,
humilitie in comfort, modestie in
countenance, grauitie in behavi-
our, puritie in thoughts, righte-
ousnelle in my actions, constancy
in temptations, and victory a-
gainst my Ghostly enemies. O
sweete Iesu stay my inclinations
from euill, bridle my appetites
with thy grace, quench in me all
vnlawfull desires, keepe my eyes
from vaine sights, my cares from
hearing euill, grant me an earnest
desire to amend my faults: to
renew my good purposes, to per-
forme good intentions: correct
my errors, cures my infirmities,
protect my good endeouours, al-

lay my passions, and make me able to master them, that they neuer draw me beyond the rule of pietie. Make mee humble to my superiours, friendly to my equals, charitable to my inferiours, and respectfull to all. Grant mee sorrow for my sins, thankfulnesse for thy benefits, feare of thy iudgments, loue of thy mercies, and mindfullnesse of thy presence, Amen.

A. very good Prayer to God the holy Ghost, for remission of finnes.

O Heauenly G O D, if I haue found fauour in thy sight, suffer me a little to speake vnto thee, and be no more angry with me, which by thy wisdomie rulest all things. Giue me thy holy Spirit, that being guided by the
same,

same, I may neuer be confounded. O comfort the soule of thy seruant, and let thy wisdom lead and guide me in the pathes of true knowledge: blessed is the man that hath his delight therein. I beseech thee my God, make thou a perpetuall abode with me, and send downe from thy throne of Maiestie, the dew of thy grace into my heart, that I may alwayes please thee. O send downe from heauen, the spirit of wisdom, that I may haue the true taste thereof: incline thine care vnto me, that these my humble prayers may ascend vp before thee. Humbly will I giue attendance on thy mercifull hand, and waite for thy sauing health. Behold me O God a seely soule, gaping for the showers of thy grace, like a barren and dry land. O holy Spi-

rit of God, the third perſon of
the Deitie, which by thy diuine
grace orderest all things, graunt
me the ſpirit of ſanctification and
holines, plant in me an infallible
knowledge of thy truth. O thou
which art the comforter, which
inricheſt the hearts of the faithfull
with the ſweete taſte of thy word
promiſed, breath into my heart
a pure faith, that I may acknow-
ledge thee very God, God with
the Father, and the Sonne. Thou
ſeuen folde diſpoſer of the gifts
of God, the hope of ioy celeftiall,
poure into my heart the dewe of
thy grace, that being filled with
the ſweetneſſe thereof, I may
obey thy bleſſed will. O eternall
God, equall with the Father, and
the Sonne, make ſtrong my ſoule
and my body, that by thy graci-
ous ayde, I may overcome the
aſſaults

assaults of my Ghostly enemies,
and beleue and confesse God
the Father, and Iesus Christ his
Sonne, with the holy Spirit, pro-
ceeding from them both, to bee
one God, in persons three, and
euerlasting in Trinitie and Vni-
tie, to whom be giuen, all laud,
praise, honour, and glory, for e-
uermore, Amen.

*A godly Prayer to the blef-
sed Trinitie.*

O Holy, blessed, and glorious
Trinitie, God the Father,
Sonne, and holy Ghost, three
persons, and one omnipotent &
euerlasting God, three in Trini-
tie, and one in Vnitie, I praise
thee, I worship thee, I glorifie
thee, I giue thanks vnto thee for
thy mercifull goodnesse, which
K 5 woul-

wouldest that I being in darkenes.
of error and ignorance, should
be made partaker of thy grace
and mercie: I beseech thee most
glorious and blessed Trinitie,
forgiue me my sinnes, haue mer-
cie vpon me, bring to passe the
worke of thy mercifull goodnes
begun in me, and lead me in all
pictie, and goodnesse. O cause me
alwayes to thinke, speake, and doe
those things which shall be accep-
table in thy sight, that after this
life I may haue the fruition of the
Deitie, that liuest and raignest
in perfect vnitie, world
without ende,
Amen.

*A Prayer for a woman with childe,
for deliuerance, and forgine-
nesse of sinnes.*

A Lmighty & merciful Father,
which of thy gracious good-
nelle, hast created me a reasonable
creature, & of thy bountiful good-
nesse hast fructified my wombe, I
most heartily thanke thee for this
gracious gift: & for that thou hast
alwayes preserued mee from all
perils of body and soule, and hast
so moderated all my paines, pin-
ches, throwes, and pangs, that I
haue hitherto right well endu-
red them: keepe me (I beseech
thee) from all perill and danger :
and at thy appointed time safely
deliuer me. Thou hast cōmanded
vs to call on thee in our troubles,
promising to heare vs, and send
vs deliuerance: saying, I am with
you .

you in your troubles, and will deliuer you. O most comfortable Lord, who art more readie to helpe, then we to call for helpe: more readie to giue grace, then wee to aske for it: I therefore sue vnto thee, and call vpon thee faithfully, and say; O Father of mercy, and God of all consolatiō and comfort, I thy poore handmaide, humbly beseech thee for Iesus Christ his sake, and in his blessed and holy name, that thou wilt vouchsafe to forgiue me all my sins & offences, wherewith I haue offended thy godly maiesty, in thoughts, delight, word, or deede: mercifully preserue mee from hence-forth during my whole life, from transgressing thy Commandements: daily increase in me perfect repentance for my sinnes, and a sure purpose of amendment.

mendment of my life, and a diligent study to walke in thy Commandements. Increase in me also a liuely faith, a sure hope; ingraft in me humblenes of heart, meeknes of mind, & cleannesse of conscience. Grant me that I may be wise, sad, sober, discreet, circumspect, & wel aduised in all my sayings: that I may strongly overcome all the temptations of the Deuill, the world, and the flesh: & whether I wake or sleepe, eate, or drinke, liue or die, or whatsoeuer I doe, I may doe all to thy honor and glory. Grant me O Lord that I may feare and dread thee, and that I may faithfully loue my husband, and be obedient to his honest requests. And for the deliuerance of this burthen, and thy gracious gifts, I am allured, that vntill thou prosper my trauell,
all

all womens helpe, and Physicke is
in vaine: therefore I beseech thee,
that like as thou hast created this
childe in me, and breathed into
it the breath of life, so at such
time, as shall seeme good to thy
godly Maiesty, thou wilt prosper
the birth and deliuerance. I hum-
bly beseech thee, of thy Fatherly
pittie, to strengthen me in this
my dangerous labour and trauel,
and so sustaine me, that I may pa-
tiently beare all my paines and
panges, and suffer them not to
be aboue my strength: and in the
midst of all my paines, so com-
fort mee, that I may bee able to
beare them. Increase my faith,
O most mercifull Sauour: and
in the dangerous time of my tra-
uell, grant mee I beseech thee,
speedie deliuerance, and ioyfull
beholding of my childe, that
I.

I. being a merry mother, may
render vnto thee, honor, prayse,
laud, and thankes, for thy aboun-
dant mercie, and gracious bene-
fits. And aboute all things, I be-
seech thee, endue my childe with
grace, that it may be one of the
number of thine elect, baptized,
& regenerate in the holy Ghost:
and that it may at the yeares of
discretion, learne to know thee,
trust surely in thy mercie, hearti-
ly loue thee, feare to offend thee,
obey thy Commandements, and
attaine euerlasting ioy and feli-
citie, thorow our Lord Iesus
Christ, who liueth and raig-
neth with thee and the
holy Ghost; world
without end,
Amen.

*A Prayer of thanksgiving, for
a woman, after she is deliue-
red with child.*

O Most high, mightie, and e-
ternall God, I giue all laud
and praye vnto thy holy name,
I magnifie thy might, and mar-
ueilous workes, I render vnto
thee the sacrifice of my thankfull
heart, and vnfained lips, for that
it hath pleased thee of thy great
goodnesse, to giue vnto me thy
poore creature, so happy, safe, and
speedie deliuerance, from my
great danger of child birth, and
fully restore me to my former
strength. To thee therefore, O
Father, with thy Sonne Iesus
Christ, and the holy Ghost, will
I giue all thanks and prayse, and
magnifiethy glorious name, both
now and euermore, Amen.

A.

*A Prayer before the receiuing
of the Communion.*

O Iesus Christ, holy, and eternall God, I miserable man, and wretched sinner, acknowledge and confesse, that I am not worthie the least of all thy mercies, and most vnworthie to receiue thee vnder the roofe of my soule, by participating of thy most blessed body and bloud, for horrible and infinite are the sinnes wherewith I am defiled: therefore the very entrals of my heart are troubled, and my bones doe shake, because I finde my soule a most vnworthie ghest, for so heauenly a Supper. But thou camest not to call the righteous, but sinners to repentance: and I know, and do constantly belecue, that notwithstanding my sinnes, thou

thou canſt make me cleane, and
worthy, and forgiue me my ſins,
and through thy power and mer-
cie, I beſeech thee, grant thy
grace vnto me a ſinner, that I
may worthily approach to this
heauenly Sacrament. Giue mee
grace, before I preſume to come
to the receiuing hereof, I may
examine my ſelfe, call my ſinnes
to minde, and by vnfeined and
heartie repentance, returne vnto
thee my Lord: make mee with
heavy ſobsto, confeſſe my ſinnes,
and pardon all my offences: ac-
cept me into thy fauour, cleanſe
mee from my wickedneſſe, and
forgiue me all my ſinnes. Poure
into mee a true and liuely faith,
that I may alwayes truſt in thy
Word, (annexed to the Sacra-
ment) which promiſeth remis-
ſion of ſinnes. Alſo graunt that
receiuing

receiving this thy Sacrament, I
 may put off the old man, which
 is corruption, according to the
 lusts of error, and bee renewed
 in the spirit of my mind, and put
 on the new man, which after
 God is created in righteousness,
 and holines of truth: and though
 by nature, I cannot live without
 spots of sinne, yet so blesse mee,
 that I may neuer willingly offend
 thee, but altogether depend vpon
 thy goodnesse: and as a true pe-
 nitent sinner, repenting of my
 sinnes, I may approach to thy
 heavenly Supper. O Christ which
 of thy vnspeakeable loue tookest
 our flesh vpon thee, and didst be-
 come a sacrifice, and ransom for
 all mankind, and ordainedst
 this Sacrament of thy Supper:
 vnto thee doe I cry, beseeching
 thee, from the bottome of my
 heart,

heart, that it may pleaſe thee, to
giue me grace with an earneſt
deſire, and due reuerence, to re-
ceiue thy Supper, and thirſtingly
to ſeek for the nourishing of my
ſoule. Lift vp my minde, that in
feare and trembling, in faith, and
ſpiritual comfort, I may ap-
proach to the receiuing of thy
precious bodie and bloud, ſtirre
vp in me, an vnſained deſire of
this heauenly foode, that from
thee the bread of life, and foun-
taine of ſaluation, I receiue vitall
iuyce, to the quickening of my
ſoule. O moſt ſweet bread, heale
thou my ſoule, that I may taſte
the ſweetneſſe of thy loue: heale
my infirmities, that I may delight
onely in thee: let my heart eate
thee, and with thy ſweete ſauour
replenish the bowels of my ſoule.
O come into my heart, and purge
me

me from all my sinnes: enter into my soule, heale and sanctifie me within, and without. Grant that I may alwayes worthily receiue this blessed Sacrament, and memoriall of thy death, according to thy holy ordinance, that it may increase in mee all goodnesse. Be thou the buckler, and perpetuall defence of my soule and bodie, that I may come vnto thy kingdome, where I shall behold thee face to face: whether Lord for thy mercies sake bring me, Amen.

*A thanksgiving after the
receiving of the holy
Communion.*

O Iesus Christ, which hast
vouchsafed spiritually to
giue me these holy mysteries of
thy

thy bodie and blood, mortifie
 whatsoeuer is euil in me, and gar-
 nish me with thy graces, and ver-
 tues: renew my spirit, my soule,
 and my body, with thy excellent
 grace. Frame me after thy owne
 hearts desire, and graunt that I
 may thinke, speake, doe, and de-
 sire all things that may please
 thee. Purge my conscience from
 dead workes, to serue thee the
 liuing God. I thanke thee with
 all reuerence of mind, for bidding
 me a miserable sinner, vnto the
 participation of thy holy Supper,
 and the receiuing of all celestiall
 riches, whereby thou bestowest
 on me particularly, all the merits
 and good things which by thy
 death thou hast purchased for me
 that I may be a partaker and fel-
 low heire of eternall blessednes.
 O sacred banquet, where my
 soule

soule receiued such heavenly dainties to comfort the soule, and refresh the inward man: I humbly beseech thee by thy most sacred bloud-shed for me, giue me grace that participating of this visible Sacrament, I may find, and feele in my heart, the inuisible working of thy heavenly grace, that as this is some refreshing to my body, so it may be a spirituall medicine for my soule. Raise vp in me by this blessed Sacrament, a continuall remembrance of thy bitter Passion. Make me retaine it in my mind, as a sufficient ranfome of my Redemption, let me neuer doubt of the forgiuenesse of my sinnes: and as often as Sathan assaieth me with his deadly temptations, giue me grace to runne to this Sanctuarie, as to a strong armour of defence: so that no tribulation,

bulation, anguish, nor persecution, nakedness, perils, sword, life, or death, separate me from Christ my head, whereupon being made fast by thy holy Sacrament receiued, I (as a liuing member) depend: and let me know, that I am fed and nourished by thy flesh, and precious blood, that washed therewith, I giue not my selfe hereafter to carnall pleasures, but liue in all sinceritie, and truth, as it becommeth those that eate of the immaculate Paschall Lambe. And I beseech thee by thy bitter death, stirre vp my minde, that by often receiuing this thy holy institution, I may consider howe bitter a death thou diddest suffer for me, and how great thy loue was, that made thee to take so shainefull a death for the Redemption of mankinde:

mankinde : and continually, to
yeelde thee heartie thanks for
the same. O sweet Iesu, grant if
I sinne through frailtie, that I
may by and by, come vnto thee
by repentance : and being by
this holy mystery, fast linked vn-
to thee, I may receiue power and
strength from thee to resist sinne,
suffer me not to bee separated,
from thy Church, but grant, that
I may be without fault, and com-
mit no sinne, but walke worthie
this Sacrament : renouncing the
deuill, all Idolatry, vices, and car-
nall desires. Let me not feare to
suffer and giue my life for the
glory of thy name, that I be ne-
uer separated from thee. Giue
me grace, that laying aside all
wrathfulnesse, malicioulnesse, and
enuie, I may forgieue euery one
as thou hast forgien mee. Giue

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me

me grace, that participating of
 the bread of eternall life, I may
 be replenished with the fruition
 of thy blessed sight, in thy cele-
 stiall Paradise for euer. And at
 my resurrection from death, ap-
 point mee a place, O mercifull
 Lord, at thy heavenly Table,
 where I may taste the new wine,
 in the kingdome of thy Father,
 abiding with thine elect Angels,
 and blessed Saints for euermore,
 Amen.

*A Prayer to make strong his faith,
 against temptation, and may
 be said by a sicke
 person.*

O Lord Iesu, the onely stay
 and defence of my immor-
 tall state: my onely hope, and
 saluation: my glory, and my
 triumph:

triumph who in the flesh, (which for my sake thou tookest vpon thee) diddest suffer thy selfe to be tempted of Sathan, and who onely and alone, diddest ouercome and vanquish sinne, death, the world, the deuill, and all the kingdom of hell for me, and for my behalfe: and it is thy pleasure, that I should keepe battell with those euils, of purpose to reward mee with a Crowne of glory for it. Giue me I beseech thee, O Lyon, most victorious strength, against the roaring Lyon, which continually wandreth vp and downe, seeking whom he may deuoure. Thou being the Serpent that was nayled on high, the true giuer of health, giue vnto mee thy wisdom, to withstand the wayting of the most subtill serpent. Thou being a Lambe, as white as snow,

the vanquiſher of Sathans tyrannie, giue vnto mee, one of thy ſheepe, the ſtrength and vertue of thy ſpirit, that through thy force and valour, I may withſtand and overcome all the assaults of the Deuill, that my Ghoſtly enemy may not glory ouer me, but that I may conquer him through thee, and giue thanks vnto thee: which euer helpeſt thoſe that truſt in thee. My ſoule, O Lord, longeth for thy ſaluation, and I haue a good and ſure hope therein. O when wilt thou comfort me a ſinner, that doe giue, and ſubmit my ſelfe full and whole to thy moſt bleſſed will. I commit my ſelfe vnto thy mercie. Therefore I know I ſhall not periſh. I beſeech thee moſt mercifull Lord Ieſus Chriſt, that thou wilt by thy grace, both now and euer, make
ſtrong

strong my soule against all temptations, and couer and defend me with the buckler of thy mercies, against all the assaults of the Deuill. I acknowledge, that in my selfe, there is no helpe of saluation, but the hope, trust, and confidence of my saluation, is in thy most mercifull goodnesse. I haue no goodnesse in me, but am full of euill, yet I trust, and faithfully belecue, that thou wilt make me good, forgiue me my sinnes, and make me an inheritor of thine euerlasting kingdome. O mercifull Lord, thou wast borne, thou diddest hunger, and thirst, fast, and pray, thou diddest suffer grieuous paines, thou gavest thy most precious body to die, & thy blood to be shed for my sake: let these things, O most mercifull Sauour, laue me: let thy blood

cleanse and wash the spots and
soulennesse of my sinnes : let thy
righteousnesse couer, and hide
my vnrighteousnesse : let thy
passion and bloud, be a satisfacti-
on for my sinnes. Take mee
O Lord vnto thee, and giue mee
thy grace, that my faith wauer
not, but be euer firme, and con-
stant : that the hope of thy mer-
cie, and life euermore, neuer
decay in mee : that charitie waxe
not colde in me, that the weak-
nesse of my flesh, be not ouer-
come with the feare of death.
And vouchsafe, O Lord, to send
me patience, and sufferance,
that I may stedfastly conti-
nue vnto the end: and
after liue with thee
in eternall glo-
ry, Amen.

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A Prayer for a sicke person.

L Aud, honour, and thanks be
giuen to thee, most merci-
full Lord Iesus Christ, for thy
holy incarnation, thy paines, and
bitter Passion. I know thou art
my Redeemer and Sauour. I be-
leeue thou hast overcome sinne,
death, hell, and the Deuill, so as
they cannot hurt me. On thee
doe I builde, in thee is my
trust and comfort. O Lord be
propitious, and mercifull vnto
me, according to thy great mer-
cies. Leaueme not, O Lord, in
distresse, but deliuer me from all
euill: strengthen and conduct
my soule, in the great iourney
that it is to goe, and through thy
mercie, forgiue me all my sinnes,
and grant me euerlasting life.
I haue no merites, nor good

workes, which I may alledge before thee, but of euill deedes, and sinnes I haue many: yet I trust through thy mercy, to be among the number of them that shall be saued, to whom thou wilt not impute their sins, but take them to euerlasting life. O most mercifull God, which according to the multitude of thy mercies, dost put away the sinnes of those which truly repent, that thou remembrest them no more, open thy eyes of mercy, and looke vpon mee thy sicke seruant, and pardon and forgiue me, I most earnestly desire thee, all my sins: renew in me most louing Father, whatsoeuer hath beene decayed by sinne, by the fraud and malice of the Deuill, or by my owne carnall will, and frailtie, preserve and continue me in the
vnitie

vnitie of the Church: consider my contrition, accept these my prayers and teares, allwage my paine, as shall be seene to thee most expedient for me: and for that I put my full trust onely in thy mercie, impute not vnto me I beseech thee, my former sinnes and offences, but pardon and forgiue me, and take mee into thy fauour, thorow the merites of Iesus Christ. I beleue onely in thee, and thy incomparable mercy, and this faith, O Lord, will I die in: keepe mee that I shrinke not from thee, thorow paine, smart, impatience, temptation, or any thing else, but strengthen and increase my faith, that sinne, death, hell, and the Deuill hurt me not, for thou art stronger and mightier then they, and in thee doe I trust. O pitifull

Physition, and healer of soule and bodie, let me not be confounded in sinne, but vouchsafe to cast thy mercifull eyes vpon me a poore and sinfull creature, who am bound and captiue, with sicknesse: turne my weaknesse to thy glory, and my health and comfort: and graunt that I may so long as I liue, with a true and perfect faith, fight manfully against all temptations, of sinne, the flesh, the world, and the Dewill, &c after this life raigne with thee in eternall glory, for euer and euer, Amen.

*A Prayer for a sinner, to be sayd
at the houre of death.*

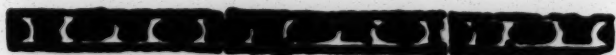
O Lord Iesus Christ, which
art the onely health of all
men living, and the euerlasting
life

life of them that die in thee: I wretched sinner, doe submit my selfe wholly vnto thy most blessed will. And being sure that the thing cannot perish, which is committed vnto thy mercie, willingly now I leaue this frayle and sinnefull flesh, in sure hope thou wilt in better wise, restore it to me againe at the latter day, in the resurrection of the iust. I beseech thee Lord Iesus Christ, that thou wilt by grace make strong my soule against all temptations, and defend me with the buckler of thy mercie, against all the assaults of the Deuill. I see in my selfe no hope of saluation, but all my trust is in thy rich mercie and goodnesse: I haue no merit, which I may alledge before thee: of sins and euill deeds, alas, I see a great heape, but I
trust

trust through thy mercie, to be one of them that shall be saued, and to whom thou wilt not impute their sinnes, but wilt accept and take me for iust, and make me an inheritour of euermlasting life. Thou gauest thy body to die and thy blood to be shed for my sinnes: let that thy blood cleanse and wash away all my spottez, sinnes, and offences, and be a full satisfaction for all my sinnes. Let not my faith wauer, but be firme and constant in thee, and in the hope of thy mercie, and life euermlasting : and let not the weakenesse of my flesh be overcome with the feare of death, but grant O most mercifull Father, that when death hath shut vp the eyes of my bodie, my soule may still behold, and looke vpon thee, and when death hath taken
away

godly Prayers. 241

away the vse of my tongue, and
speech, my heart may cry and
say, O Lord, into thy handes I
giue and commend my soule; and
with thy holy Martyr *Stephen*,
I may behold thee in soule, and
say, Lord Iesus receiue my soule
vnto thee, which liuest and
raignest God euerlasting,
with the Father, and
the holy Ghost,
Amen.



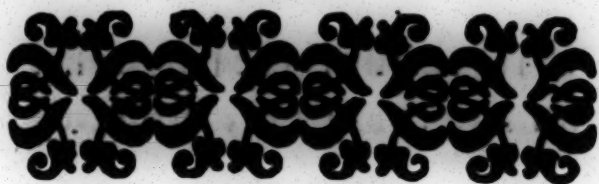
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AN
EXHORTATION
TO FORSAKE
THE WORLD.



Take (good Christian)
the memory of death
for thy perpetuall
Phere, and vnsepa-
rable Spouse. Let thy Children
be bitter sighes of a sorrowfull
soule, possesse thy bodie as thy
bondman, fasten thy friendship
with the celestiall powers, they
will bee patrones vnto thee in
thy finall passage: remember, you
are in the wayning, and the date
of your Pilgrimage is well neere
expired, and nowc it behoo-
ueth

244 *An exhortation to*

ueth you to looke toward your
country: your force languisheth,
your senses impaire, your bodie
droopeth, and on euery side the
ruinous cottage of your faint and
feeble flesh threatneth fall. And
hauing so many harbengers of
death, how can you but prepare
for so dreadfull a stranger? The
yong may die quickly, but the old
cannot liue long: the yong mans
life by casualltie may be abridged,
but the old by no physick can be
preserued. Greene yeares must
thinke of the Graue, and the
thoughts of old age should al-
waies dwell in the same. Be mind-
full of things passed, carefull of
things present, and prouident for
things to come. Vse the priuiledge
of nature, to the benefit of your
soule; be wise in well doing, and
watchfull for your end, serue not
the

for sake the World. 245

the world, for it can giue you nothing that is good & permanent, but of pride, enuie, lechery, hate, ire, malice, folly, & all euill things infinit, where man is defiled with sin, disquieted with troubles, oppressed with labors, vexed in temptations, ouercome with vaine delights and pleasures of the world, and miserably wrapped in many calamities. It is an Ambassador of the euill, a scourge of the good, a tyrant of the vertuous, a breaker of peace, a friend of warre, a sweet of vices, a gaule of vertues, a friend of lies, an inuenter of nouelties, a trauell to the ignorant, a hammer for the malicious, a table of gluttons, a furnace of concupiscence, a perill of the heart, a danger of the thoughts, a sepulcher of the dead, a prilon of the liuing, a pit-fall to the rich, a burthen to the poore, a
house

house of *Pilgrims*, a den of theeuës,
a slanderer of the good, a renower
of the wicked, a deceiuer of all.
Wee haue no cause to loue the
world, for it gaue vs an vnhappy
welcome, a hurtfull entertainmēt,
and will abandon vs with an vn-
fortunate farewell. Also it doth
torment vs, expell vs, & consume
vs, and heauen doth comfort vs,
keepe vs, exalt vs reioyce vs, and e-
ternally cōtinue vs. You haue too
long sowed in a field of flint, which
could bring forth nothing but a
crop of care, and affliction of spi-
rit, rewarding your labours with
remorse, and affording for your
gaine eternall damage; it is time
to leaue so vnthriuing a husband-
rie, and to sowe in Gods field
the seedes of repentant sorrow,
& water them with the teares of
humble contrition, so shall you
reape

reape a more beneficiall haruest,
& gather the fruits of euerlasting
comfort. Thinke your spring is
spent, your summer ouerpast: you
are arrived at the fall of the leafe,
and Winter colours haue stained
your hoarie head. Though our
louing Lord beare long with of-
fenders, yet he will scourge them,
& his patience is onely to lend vs
respit to repent, not leisure to sin.
Hee that is tolled with many
stormes, and cannot come to his
desired port, maketh little away,
but is much turmoyled: so he that
passeth many yeares, and purcha-
seth small profit, hath a long be-
ing but a short life. For life is
more to be measured by vertuous
actions, then number of dayes.
Some men by many dayes, pro-
cure many deaths, and others, in
a short space attaine life euerla-
sting.

248 *An exhortation to*

sting. What is the bodie without
the soule, but a corrupt Carcase?
and what is the soule without
God, but a sepulcher of sin? Man
was made and sent hither, to no
other purpose, but onely to serue
God in this life, and to enioy hea-
uen, and life euerlasting in the
world to come. If our end be the
kingdome of heauen, why affect
we so much the earth? If we were
made for God, why seeke we gree-
dily the fauour of worldly men?
If our creation be eternall saluati-
on, why follow we vanities, and
temporalities of this life? If our in-
heritance be to raigne as Kings in
heauen, why doe we like *Eſau*, sell
away our birth-right for vanities,
before we haue it? & why liue we
like seruile slaues, in danger to be
diuided from God & his Angels,
from our Saviour Christ, and the
com-

communion of Saints, from hope of our inheritance, our celestially portion, and life euēlasting? If God be the way, the life, and the truth: he that goeth without him strayeth, he that liueth without him dieth: & he that is not taught by him erreth: God is our true and chiefe life, from whom the reuolting is falling, vnto whom the returning is rising, in whom the staying is sure standing. God is he from whom to depart, is to die, to whom to repaire, is to reuiue, in whom to dwell, is to liue. Be not you like those, that begin not to liue, till they be readie to die, and then after a foes desert, come to craue of God a friends entertainement, not in time looking for their saluatiō, but liuing like the three worldly fookes, the couetous, as he in the Gospel, who
had

had laid vp for many yeares, and that night had his soule taken from him; the voluptuous, as *Sardanapalus*, who perished in the midst of his pleasures: the proud or fantastickall, whom the Deuill ouer-commeth, either with vaine delights, or pride in themselves, who disdaines his superiours, because they are better then himselfe, his equals, because he is as good as they; his inferiours, because they are not so good as himselfe. Some thinke to snatch heauen in a moment, which the best scarce attained in many yeares, & when they haue glutted themselves with worldly delights, they would iump from *Dines* his dyet to *Lazarus* crowne, and from the seruice of Sathan, to the solace of a Saint. But be sure that God is not so penurious of friends, or his king-

kingdome saleable for the refuse
and reuerſion of their liues, who
haue ſacrificed the principall
thereof to his enemies, and their
owne brutiſh appetites, then one-
ly ceaſing to ſin, when ability of
offending is taken from them:
what thanke is it to pardon our e-
nemies, when wee cannot hurt
them? To giue away our goods,
when we can keepe them no lon-
ger? To abandon our pleaſures,
when we can vſe them no more?
To forſake ſin, when ſin leaueth
vs? God may be mercifull at the
laſt gaspe, but miſerable is that
man, that layeth the Anchor of
his eternall wealth, or woe, vpon
ſo vncertaine a poynt.

The Theefe may be ſaued on
the croiſe, & mercy found at the
laſt, yet it is ſcarce credible, that
his death ſhould finde fauour,
whoſe

whose life earned wrath, or that his repentance should be accepted, that more for feare of hell, and loue of himselfe, then for loue of God, or loathsomnesse of sinne, cryeth for mercy: wherefore make no delay, but being neare the breaking vp of your mortall house, before extremitie, take time to satisfie Gods Iustice. Though you suffered the bud to be blasted, the flower to fade, the fruit to perish, the leaues to dry vp, the boughes to wither, and the body of the tree to grow to decay, yet keepe life in the roote, for feare least the whole become fuell for hell fire, for where the tree falleth, there it lieth, and such sappe as it bringeth, such fruit shall it beare. Imagine that death hath filed from you the better part of your naturall

rall forces, and left you the lees of
your dying dayes: therefore ran-
some your former losses. You are
impathed in your finall voyage,
and not farre from the period of
your course, be not therefore dis-
purueyed of such things as are
needfull in so perulous a iourney:
Men in this life labour much to
get worldly things, they doe
carefully begin them, well prose-
cute them, and effectually end
them: but of the great affayre of
winning heauē, or falling into hel
there is had no respect; Neither
doe they remember, that there is a
hell for sinners, a heauen for good
liuers, a dreadfull day of iudgmēt,
and a most strait account to bee
made. Death it selfe is very feare-
ful, but much more terrible in re-
gard of the iudgmēt wherunto it
sumoneth vs. If you were laid on

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your

your departing bed, wearied and worne with dolor & paine, burdened with the heauie load of your former trespasses, goared with the pricke and sting of a distressed conscience: if you felt the force of death wresting your heart strings, readie to make the rufull diuorce betweene bodie & soule: if you lay panting for breath, sweating a fatall, faint, and mortall sweate, wearied with struggling against deadly panges. O how much would you giue for a dayes contrition, or an houres repentance? Then worldes would bee worthlesse in respect of a little respite. Nothing would be so much esteemed as a trice of time, which now by moneths and yeares is laniushly mispent. O how deeply would it wound your hearts, when looking backe into your life,

Forſake the World. 255

life, you found many faults committed, and not repented, many good deeds omitted, & not recovered your ſervice to God promiſed, and not performed. How inſolſolable were your caſe, your friends being fled, your ſentences frightened, your thoughts amazed, your memory decayed, your minde agast, and no part able to performe that it ſhould, but onely your guiltie conſcience, peſtered with linne, that would continually accuſe you, what would you doe, when ſtripped out of mortall weede, and turned out of ſervice and houſe-ſervice of this world, you were forced to enter into vncouth and ſtrange pathes, and with vnknowne and ougly company, to be conuented before a moſt ſeuere Iudge, carrying in your owne conſcience, your in-

ditement readie written, and a perfect Register of all your misdeedes, when you should see our Saviour Christ, (a iust and seuerer judge, whose knowledge is infallible, his power infrangible, his iustice inflexible) (of exceeding dreadfull Maiestie, cloathed in sinners apparell, through which his bodie shineth like precious stones, his eyes like burning Lampes, his face like flashing lightning, his armes and legs like enflamed brasfe, his voyce as the shout of a multitude of people) prepared for your idle words, euill deeds, time mispent, Talent euill gouerned, and for your sins committed, to passe the sentence vpon you, against whom you had transgressed, & he your vmpire, whom by many offences you had made your enemy, when you shall

shall see all things cry for vengeance against you, all things yeeld you cause of feare and horror. Aboue you the Iudge offended with you for your wickednesse and offences: Beneath you, Hell open, and the cruell fornace readie to receiue you ; on your right hand, your sinnes accusing you ; on your left hand, the Devils standing readie to execute Gods euerlasting sentence vpon you: within you, your conscience accusing, without you, damned soules bewayling, on euery side the World burning, and you stand as a most desperate, forlorne, and miserable wretch, to receiue the fearefull and irrecoucrable sentence: when not onely the Devils, but also the Angels shall pleade against you, and your selfe mauger your selfe,

selfe, be your sharpest appeacher: what would you doe in these dreadful exigents, when you saw the gaffly Dungeon and huge gulfe of Hell, breaking out with most fearefull flames? when you saw the weeping & gnashing of teeth, the rage of these hellish monsters, the horror of the place, the rigour of the paine; the terror of the company, & the eternitie of all these punishments? where the fire is vnquencheable, the paines vnsupportable, easelesse, endlesse, and hopelesse. Our fire may be endured, that is intollerable; Ours is for comfort, that for torment; Ours must be fed or it goeth out, that burneth continually without feeding: ours giueth light; that none: Ours consumeth the matter, and endeth the paine; that tormenteth, but

but neuer consumeth, to make
the paine perpetuall : Our fire
will be extinguished with water,
or cooled with ayre, but nothing
can extinct it, abate it, or qualifie
it: ours is but painted in regard of
that. There idle persons shall bee
pricked with burning Forkes :
Gluttons tormented with hunger
and thirst: Epicures and Volup-
tuous persons shall boyle in bur-
ning pitch, and stinking brim-
stone : The proud shall haue
shame, the couetous, miserable
penury, where there is no rest nor
comfort : the poore and meeke
shall triumph, & the proud shake,
then shall the wicked sigh, and
the memory of misery be sweet :
the godly shall reioyce: the repro-
bate houle : then shall base ap-
parell be glorious, and proud
attire infamous : the poore cot-

tage shall be more commended than the gilded Palace praised, simple obedience shall be better than subtiltie, and a cleare conscience more pleasant than profound Philosophie, zealous prayer shall be more worth than fine tales, good workes more accepted than sweete words. Would you then thinke them wise that delay so weightie matters, and idly played away the time allotted to preuent these intollerable calamities, would you then account it secure to nurse in your bosome so many Serpents as sinnes : or to foster in your soule so many malicious accusers, as mortall faults : would you not thinke one life too little to make repētance for so many iniquities, the least whereof is enough to cast you into euerlasting and vnspeakeable

forfake the World. 261

keable torments? On your bodie you shall experience those deadly agonies, in your soule you shall find those terrible feares, and in that present estate the deepest danger, if you doe not the sooner returne vnto God. Then deuote the remnant of your dayes, to make an attonement with God, & to free your conscience from such corruption, as by sinne you are fallen into. What haue you gotten by being so long a customer vnto the world, but false ware, suteable to such a marchants Shop, whose traffique is toyle, wealth, trash, & gaine miserable; what interest haue you reaped, that may equall your detriments in grace and vertue? or what in a vale of teares can you finde parageable to the fauour of God? Let not youthfull passions delude

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you,

you, for time tries them follies. Let not feare mis-lead you, for there is more cause to feare God than man, and to stand in awe more of perpetuall than temporall punishments. Who would relie eternall affaires vpon the gliding slipperines of vncertaine life? or who but one of dis-tempered wit would offer fraud to the discipherer of all thoughts, with whom we may dissemble to our cost, but to deceiue him it is impossible. Will you account it cunning, to rob the time from him, (and bestow it vpon his enemies) who keepeth tale of the least minutes of our life, and will examine in the end how each moment hath beene employed; It is preposterous policie to fight against God vntill our weapons be blunted, our forces consumed,

our,

our limmes impotent, our best spent, and when we are false for faintnesse, and fought our selues almost dead, to presume of his mercie whom we haue so much offended. It were a strange and exorbitant course, while the ship is sound, the Pilot well, the saylors strong, the gale fauourable, and the Sea calme, to lie idle at rode, loosing so seasonable weather, and when the ship leaketh, the Pilot sicke, the Mariners faint, the stormes boysterous, and the Sea turmoyled with outrageous surges, then to lanch forth, hoyst sayle, and set out for a farre voyage; Such are our euening repenters, who in the soundnes of health, and perfect vse of reason, cannot resolute to cut the Cables, and weigh the Anchors that hold them from God, but when
their.

their senses are astonied, their wits distracted, their vnderstanding dulled, and both body and minde tormented with gripes of mortall sicknesse, then will they thinke on these waightiest matters, and become suddaine Saints, that are scarce like reasonable creatures. How can one amated with inward garboiles of vnsettled Conscience, distrained with fits of dying flesh, maimed in all his habilities, and circled with so many strange incumbrances, be fit to dispose of his chiefest Iewel, his soule, & to dispatch the whole mannage of all eternitie and treasure of heauen, in so short a spurt; They that will Ioyter in seedetime, and begin to sow when others reape. They that will ryot in health, and cast their accounts when they cannot speake: they that

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that will sleepe in the day, and iourney in the night, let them blame their owne folly, if they die in debt, and fall headlong into eternall perdition.

Let the griefe of the sore be the measure of your sorrow. Let a deepe wound haue a diligēt cure, let their contrition be according to their crime, and their repentāce like their sins. We must passe the day in mourning, the night in watching & weeping, our whole time in dolefull lamenting, full prostrate on the ground, humbling our selues in sackcloth and ashes. Not euery short sigh will be a sufficient satisfaction, not euery knocke a warrant to get in: many cry, Lord, Lord, and are not accepted. The foolish Virgins knocked, but were not admitted, *Indas* had sorrow, yet died desperate.

desperate. Linger not off thy conuersion from day to day, for suddenly will his wrath come and destroy thee. Let no man sojourne long in sinfull securitie, nor put ouer his repentance, till feare inforce him to it. Let vs frame our beginning, as we meane to end, and indeuour to liue, as we desire to die. Shall we offer the maine crop to the Deuill, & leaue God the gleanings? Shall we gorge the Deuill with our fairest fruits, and turne God to feede on the scraps of his leauings. If hell fire were prepared for the Deuill, and the kingdome of heauen for man, let vs then prouide for our selues, and not to loose our inheritance by persisting in sinne. So long as we liue, it is possible by vntained repentance to wash away all our sins, how great soeuer, but when

we

for sake the World. 267

we are dead, albeit our teeth doe gnash, our mouthes cry out, our eyes gush forth teares, and our hearts from the very bottome of our hearts, lament with innumerable complaints, it shall not auaile vs no man shall heare vs, no man shall assist vs, nor so much as comfort vs, then thou shalt finde, that thou hast lost all thy labour, and time, and all opportunitie of thine owne commoditie: Thou shalt then finde thy error vnrecoverable, thy punishment vn-supportable, thy repentance vn-profitable, and thy griefe, sorrow, and calamitie inconsolable.

O that we would suffer the soule (as shee should) to haue the soueraigntie, and the body follow the sway of her directions, & not let seruile senses, and lawlesse appetites rule her as superiours, & make
her.

her a vassall in her owne Domi-
 nions, not suffer her to be mis-led
 by her three Sutors, the world,
 which promiseth all fayre things,
 and beautifull, but will serue you
 as *Laban* did *Iacob*, who promised
 him faire *Rebeck* for his seruice,
 but deceiued him with bleere-eyd
Leab: the flesh who pretendeth
 nothing but loue vnto her, but if
 it ouercome her, it will betray her
 to her enemies, as *Dalila* did *Samp-
 son* vnto the *Philistians*: the Deuill
 who wil promise her al the world
 as he did *Christ*, but if he win her,
 he will deuoure and torment her;
 Dost thou not desire to haue all
 things good, as good houses,
 good furnitures, good apparell,
 good fare, good cattell? Yea, and
 thy hose and shooes good? One-
 ly thy peore soule, thy principall
 charge (and of all things worthy

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to be the best) thou art content
shall be the worst & lie cankering
and rusting in all kinde of euils.
O vnspeakeable blindnesse, that
refuse to weare an euill shooe, &
doe not care to carry an ougly and
deformed soule: alas, let vs not set
so little by that which God pri-
seth so much, nor rate our soules
at so base a penni-worth, being
of so peerlesse dignitie.

If the soule be so inestimable,
that not all the gold and treasure,
nor any thing of lesse price than
the bloud and life of Almighty
God was able to buy it: if not all
the dainties that heauen and earth
could affoord, but onely Gods
owne precious body was deemed
a repast fit to feede it: if not all
the creatures of this, or millions
of new worldes if they were, but
onely the illimitable goodnesse
and

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and Maieſtie, of God, can ſatisfie the deſire, or fill the compaſſe and capacity of it (for who is ſo inſenſible, that findeth not the inſatietie of his ſoule) who but of peruerſe will, incredulous minde, or pittiles ſpirit, would ſet more by the world, then his ſoules health, or ſuffer ſo noble a Paragon, ſo many moneths and yeares, to lie channelled in ordure, and myred in all ſinne: we will ſeek a Phyſition for our ſicke ſeruant, haue a Leach for our diſeaſed horſe and amend our torne garments, & we ſuffer our ſoules to die for want of cure, and ſeeing it mangled with many vices, neuer ſeek to reſtore it to the wonted integritie. Is our ſeruant more neere, our beaſt more precious, or our coate more deare then our owne Soule? We liue like Epicures, we
finne

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sinne like Atheists, we struggle
and strue against Gods callings,
and like violent Rebels, scorne
his commandements: and with
daily & damnable wounds, bar-
barously stabbe our vnfortunate
soules: This we account no con-
tumely, we reckon it no discredit,
but rather register it for our chie-
fest prayse: How long will you
thus follow vanitie and sins, run-
ning carelesly and wilfully vnto
your owne ruine? Dare you not
suffer a Spider, or a Toad to come
neere you, and can you nestle in
your soule, so many Vipers as vi-
ces, and permit it to be so long
chewed, & wearied with the poi-
soned Iawes and Tuskes of the
Deuill? Is our soule so vaine a
substance to be had in so little e-
steeme? Did Christ become a
wandring Pilgrime, exiling him-
selfe

selfe from the comfort of his Godhead, and passing thirtie three yeares in paine & penury for our soules : he suffered the tragedy of his passion bloudily inflicted, and patiently accepted, he made his bodie as a cloud to dissolue into showers of innocent bloud, and suffered the dearest veynes of his heart to be launced, to giue a full price for our soules redemption. If Christ did redeeme vs with so excessive a ranfome, why sell we our soules to the Deuill for euery vaine delight, & silly pittance of worldly pelfe ? O that a creature of so incomparable a price, should be in the demaine of so vnnaturall keepers : and that which is in it selfe so gracious and amiable, that the Angels and Saints delight to behold it, should by sin be made so loathsome, as to become a
horror

for sake the World. 273

horror to heauen, and a suitly
Pheere for the fowlett fiends?
We must remember, our soule is
not onely a part of vs, & the most
principall, but also the Temple,
the Paradise, and Spouse of al-
mighty God, by him in Baptisme
garnished, stored, and endowed
with most gracious ornaments.
How will he take it to see his tem-
ple prophaned, and turned to a
den of Deuils? His Paradise dis-
planted, and made a wildernesse
of serpents? His spouse deflowred
and become an adulteresse to his
enemies? Durst we offer such v-
sage to our Princes? Would not
the feare of the law, and popular
shame keepe vs from it? And shall
not the reuerend Maiestie of Al-
mightie God, and the vnrebated
iustice of his angry sword, terrifie
vs from offering the like to his
owne

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owne Spouse: Will he that keepeth account of our very haire, see himselfe so much wronged in the principall, and passe it unpunished? Remember it is a thing full of horreur, to fall into the hands of God, who is able to crush the proud spirits of the obstinate, and make his enemies his foorestoolle. Wrestle not against the cryes of your owne conscience, but liue so as he may willingly goe with you, and before the Throne of God answere for you.

There was a man had three friends, two whereof he loued most intirely, the third he made no great account of; this man being sent for to come before his King, came and desired his first friend to goe with him, but he would not goe with him, but brought

brought him part of his way: he went to the second friend, and desired him to goe with him, but he could not, but gaue him something for a remembrance: hee went vnto the third friend, of whom he made no account or reckoning, and he went with him to the King, and answered for him in all matters whatsoever.

So man in the world being sent for by death, comes to his Wife, Children or friends, to goe with him, but they will not, but bring him to his graue: then he desires his goods and substance to goe along with him: they cannot, yet they giue him a sheete: but his Conscience will goe with him, & answer for him before the throne of God. Haue therefore a care to keepe a good Conscience, and provide aforehand, as this King
of

of whom I tell you did.

There was a Countrey, where the Commons chose their King, and againe at their pleasure banished him into a farre Countrey almost naked. One (more wiser than others) as soone as hee was chosen King, he sent daily and continually something into the other country, so when his owne people did banish him from them he was (having made a good preparation before) most Princely, and royally receiued there.

So let vs provide in this world, that we may be ioyfully receiued into heauen; If you would auoyd vaine pleasures, cast away worldly cares, thinke on celestiall things, regard your saluation, and now in life lay vp treasure in Heauen, and provide to be receiued into euerlasting ioy; what a quiet conscience

science should you haue? what a
ioy shuld you feele in your soule?
Set then your mind on God, ac-
count your selfe a Pilgrime on
earth, leaue the affaires of the
World, for this is no abiding
place. For small wages men run
far, for little money men shame-
fully contend, and wearie them-
selues night and day, & for meane
profit labour long: but for eter-
nall life, goods immutable, re-
ward inestimable, honour endles,
and immortall glory, few will take
any paines, or step out of doores.
God is the way inuiolable, where-
in we must walke, the truth vnfail-
able, whereunto wee must trust,
and the life euerlasting, whereun-
to we must hope, therefore em-
brace mercy before the time of ri-
gor, and returne by repentance,
least he barre you his kingdome:

N

you

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you haue bin too long in the Tabernacle of sinners, and strayed too farre from the fold of Gods flock, turne the bias of your heart to the Cittie of Refuge, and your saluation, recompence your steps trodden in folly, with a zealous progresse to Christian profession; your spring-tyde is falne, the streame of your life runneth at a low ebbe, your tyred ship begins to leake, and grate on the grauell of your graue, it is hie time to strike sayle, and put into harbour, least some sodaine gust, and the wicked weather of this time dash you on the rockes of eternall ruine, tender the pittifull estate of your owne soule, and be hereafter fearefull of hell, and more eager of heauen, than of worldly repose. I must conclude, valelle I be too tedious, in a matter that deserues

so be endlesse, for the misery of the soule is so great, if it fall, the reward is so excessive, if it stand, the enemies so malicious that assault it, the Iudge so iust that must proceede vpon it, that to raise it from the lapse, and to preserve it from reliduation, no number of helpes can bee more than needfull, nor any perswasion more vehement then necessary.

Howsoever therefore the soft gale of your morning pleasures lulled you in slumbring fits: howsoever the violent heats of noone might stirre vp your affections, yet in the coole and calme of the evening retire to a Christian rest, and close vp the day of your life, with a cleare Sun-set, that leauing all darkenesse behinde you, and carrying in your conscience, the
N 2
light

280 *An exhortation to, &c.*
light of grace, you may escape the
horror of an eternall night, and
passe from a mortall day, to an
euerlasting morrow, which
the LORD grant for
Iesus Christ his
sake, A-
men.



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**A Perswasion not to
feare Death.**



N **A**N was made
to die, begot-
ten to die,
borne to die,
and came in-
to the world
to die, and
none ought to desire to liue. No-
thing is more sure than death, no-
thing more vncertain than when,
where or how: none haue reason
to regard the world, wherein wee
haue nothing good & permanēt,
but a vale of vanities, & vexation
of mind (*Quia nemo sua sorte con-*
tentus) no man is content with
his owne estate. It is a vitall la-
byrinth,

byzynth, and confused Chaw, affording vs nothing but fraud, folly, and fleshly sensualitie. All things in it offends vs, the fire burnes vs: the water drowns vs: the heate grieues vs: the cold hurts vs: the day is toyle some, the night vncomfortable, and we can endure no dolorous thing, so the time we liue in the world, cannot be accounted life, but a living death. Our wretched remaining here is such, that our time daily diminisheth, and our trouble encreaseth. All that haue bin borne, are borne, or shall be borne, are in this life miserable, all crost with eares, some with losse of friends, some of children, some of goods, some opprest with foes, some abused with back-biters, and slanderers, their credit blemished, their reputation scandaled, and substance

subſtance conſumed, and there is none but are with ſomething diſturbed; there is no calling ſo holy, nor place ſo ſolitarie, but you ſhall there finde troubles to trie you, and aduerſitie to diſquiet you: ſo there is no man from the King in his Throne, to the Captiue in chaynes, but doth taſte of miſery, and many diſcontents. Who therefore (to free himſelfe from worldly ſorrowes) would feare, but rather deſire Death; which makes vs happie, for thereby wee auoyde the intollerable troubles on the earth, and enioy perpetuall bliſſe in heauen. Since then death is the end of miſcry, who would deſire to liue euer in labours and perils? Death is nothing but a ſeuering of the ſoule from the bodie: and freeing it from the ſeruile bonds of the

vaine flesh, and remoouing vs from euill to good. Death is but the passing from this vale of teares, to the place of all happie beatitude in the celestially mansion accompanied with holy Saints, and heauenly associates, it is no loosing, but a changing of a bad place for a better : which euery one ought to desire.

Præmises was blest with the kingdome of the famous citie of *Troy*, a good Wife, and fifty Children, and had what ioyes might be desired, yet hee saw his wife and children slaine, his Cittie sackt, and himselfe was killed at *Ioues* Altar, how happy had he beene, if he had died before those dayes, for in lieu of worldly troubles, he had reaped eternall glory. Good men should imitate the Swanne, *Apolloes* bird, which in the world euer

euer mourneth, but when it is readie to die (as knowing the goodnes of death) it singeth. As in sleepe our body is free from labour : so our Soule by death is deliuered from all dolors. It is therefore good to die, but many dolefull dayes doe wee endure, before we find that happy houre, wherein we shall enioy all perpetuall pleasures. Wise men should not feare death, for nothing is better then death : no life can be long, and it is often by casualtie abridged. What more pleasing thing can there be than death ; it doth wholly disburthen vs of all care ; all griefe, all solicitude, all sorrow, and freeth vs from all vexation whatsoeuer. The dead rest in a sure Hauen, and we liuing sayle in a raging Sea. The good dieth not, but liueth, and

N 5

the

286. *A perswasion* ~~not~~

the euill liuing dyeth, and as the
Heathen Philosophers said, All
those that liue purely and iustly,
and not contaminate themselves
with sin, cyther are made Gods,
or goe easily to the Gods. The
dead haue rest in heauen, and we
with the liuing haue paine and
trouble in the world. It is there-
fore a ioy to die, to be deliuered
from the thraldome of this sor-
rowfull life; for they haue all the
pleasures may be inuented, that
are out of this woefull world. Be-
ing here we must die, and being
in heauen, we liue eternally, there
is no paine but pleasure, no sor-
row but solace, no sighing, but
singing, no feare of death, but
sure of euerlasting life, ouer en-
ioying such inestimable ioyes, as
no eye hath seene, nor eare heard,
or heart comprehended. In this
life

life we know not what glory meaneth, and after Death, we shall not know what paines are. God knowes those that serue him, those that offend him, those that loue him, those that hate him: those that prayse him, those that blaspheme him, those that thanke him, those that are vnthankfull: and is better pleased with obedience than sacrifice. There is nothing so good, as the end of this life, for Death is the true refuge, the perfect health, the sure haue, the full victorie, and finall finishing of all terrestriall troubles. It is a thing inheritable, an eternall sleepe, a dissolution of the bodie, a terror of the rich, a desire of the poore, a Pilgrimage vncertaine, a theefe of men, a shadow of life, a sepulcher of the liuing, a companion of the dead, a dissolution
of.

of all, the rest of trauels, the end of idle desires & vaine delights, the scourge of euill, the reward of the good, the finall end of all flesh, of all those infinite numbers that are dead, none ever returned to complaine of Death, and of those few that liue, most complaine of life. There is no King, Prince, poore, sicke, or whole, nor any vocation contented, but the dead in their graues are in peace and rest, and though wee haue sorrow and vexation in life, yet we shall haue ioy and consolation after Death.

O happie are they that die well, for it is lesse euill to suffer a speedy Death, then endure a discontented life. For by death we are freed from mundane trauels, and enjoy heauenly pleasures. There

is nothing in this life worthy of loue, nor any thing in death we need to feare, as all things before the first day were eternall, without day or yeare, so all things shall be eternall after the iudgement; as we had nothing before our birth, so we shall possesse nothing after our Death: What blindnesse is it then to loue any thing in this life, seeing we can carry nothing with vs at our death? *Calamachus* living in all delights, & reading *Platoes* Booke against Death, cast himselfe into the Sea. *Cireneo* read such lessons to despise death: that many of his hearers (being Heathens) killed themselves. *Diogenes* desired to die, but cared not for buriall. *Lamfatus* dying, was demanded where hee would be buried, he answered, where they would, for the way to heaven was every

euery where. *Thezaminus* dyed with a worthie minde, for being commanded to Death by the thirtie Tyrants, hee tooke the poysoned Cup, and thirstingly drunke it off; and then laughing at them for so pleasuring him, said they made him happy by putting him to death. With the like mind dyed the worthy *Graccus*. So did the famous *Spartaine*, and greatly reioyced he should bee dissolued from the bondage of the world. When it was told *Lucius* his son was slaine in the wars, he reioyting, sayd, to that purpose I begot him. The like answer made the Romane *Matron*, when shee heard her sonnes were slaine, shee not sorrowing sayd, I am glad I bore them to die so worthily for their Countrey.

Cresspantus came to his death

to deliuer his Countrey: *Curius* leapt into the gulfe, to preferue *Rome*. *Scavola* lost his hand to saue the Cittie. *Menecmus* killed himselfe to free his native soyle, so did *Idemitus*, *Codrus*, *Arastrigon*, *Epaminondas*, and diuers others. The Temple at *Delphus*, where the Oracle of *Apollo* was, for want of reparations fell downe to the ground, then *Triphon* and *Agamede*, two Noble personages of *Greece*, wise, and rich, as well with the labour of their persons, as great expence of their goods, built the Temple againe. When it was fully finished, *Apollo* sayd to them, hee well remembered their good seruice, and willed them to demand any thing in reward thereof, and it should bee graunted: They sayd, miserable man hath not power to eschew
the

the euill, or chuse the good, and therefore they desired him to giue them the best thing might be giuen to man, and most profitable for man. *Apello* sayde they should haue their demands, then they at the gates of the Temple fell downe dead, so the reward of their trauels was to take them out of the misery of this life. Saint *Edward* King of England, much reuerenced Saint *Iohn*, and one day comming from *Westminster*, from seruice, a poore man came to him, and desired him for Saint *Iohns* sake, to giue him something; the King gaue him his Ring off his finger, within few dayes after, two Pilgrimes comming from Ierusalem, within two miles of it, met a poore man, who asked them what countreymen they were, they said Englishmen,

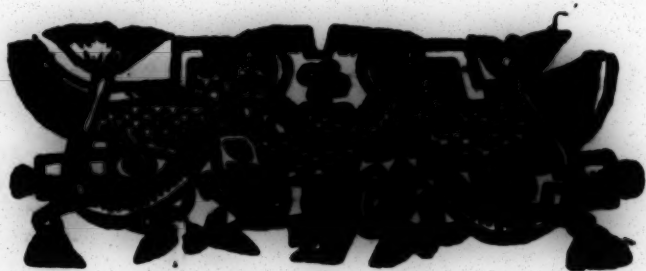
lishmen, he then sayd to them, when you come home, I pray you tell King *Edward*, that Saint *Iohn* doth thanke him for the Ring he gaue for his sake; and gaue them a Ring, and desired them to deliuer it vnto the King, and tell him, that Saint *Iohn* sent it him, and the richest gift that could be giuen to man, that is, the twelfth day after the receipt thereof he should be in heauen: the Pilgrims receiued the Ring, and departed: by & by they were so heauy, as they were enforced to lie downe & sleepe: when as they awaked, they found themselues in another Country, and demanding of a Shepheard where they were, found they were in *Kent* in *England*, then they went to the King, being Christmas Euen, and deliuered the King the Ring,
and

and the message, which the King receiued, fell sicke on Saint *Iobus* day, and died on twelſe day. The *Greekes* had a custome, that when they offered any Sacrifice, the Priests and officers of the Temple were carried, for if their feete touched the ground, they might not offer Sacrifice. It chanced that a holy Nun, of the Goddesse *Iuno*, going in her Chariot to the Temple, the Beasts that drew it dyed, when shee was ten myles from the Temple, which her two sonnes *Cleebis* and *Bison* seeing, and knowing that their mother must not goe on foote, & that there were no other beasts to be gotten, yoked themselves, and drew the Chariot, with their mother to the Temple: euery one prayſed them greatly for it, and layd, they deserued to be recompenced.

penced with great rewards. After the feaft ended, their mother defiring to requite their kindnesse, with teares besought the Goddes *Iuno*, to giue her children the best gifts the Gods could giue to their friends, which the Goddesse promised shee would doe before the next morning : they going to sleepe at night, were the next morning both found dead, then their Mother bitterly wept, and complained of the Goddesse ; the Goddesse sayd, shee had no cause to complaine, for shee had giuen her that shee did demand, and I haue at thy instance giuen thy children (quoth shee) that which wee hold most deare, which is death : for the greatest reuenge we take of our enemies, is to let them liue long, and the best thing wee can giue to our friends,

296 *A persuasion not, &c.*
friends, is to make them die
quickly. For all of vs together
caught King *Atidas*, *Optimum est*
bonum aut non omnino nasci, aut quā
primum mori. It is the best thing
for man, either neuer to be borne,
or die very soone. Wee are here
strangers, and inclosed as priso-
ners in a Castle, but by death we
shall bee freely deliuered from
thraldome, and goe to our owne
Countrey Seeing then death is
the best thing that can be giuen
to man; let vs haue a care to craue
it, and liue godly and vertuously,
that we may ioyfully haue it, to
free vs from this place of impri-
sonment, and seate vs in our
euerlasting and heavenly
habitation: whether
good Lord bring
vs all, Amen.

F I N I S. . .



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